

Richard S.

Education & Certifications

- BS in Athletic Training from California State University Long Beach
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Athletic Trainers Association - Athletic Trainer Credential
- TRX Suspension Training – Certified TRX Instructor



Certified Personal Trainer
Team Member Since: 2013

Hobbies and Achievements

- Boxing
- Tae Kwon Do
- Jui Jitsu
- Eskrima



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