

# Rick L.



**Certified Personal Trainer  
Team Member Since: 2013**

## Education & Certifications

- BS in Business from Haskayne School of Business
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Running
- NFL
- CrossFit
- Brazilian Jiu-Jitsu
- Boxing and Kickboxing



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