

David R.



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

Education & Certifications

- BA in Physical Education from Humbolt State University
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Council on Strength and Fitness - Personal Trainer
- National Strength and Conditioning Assoc. - Certified Strength and Conditioning Specialist®

Hobbies and Achievements

- Ocean Fishing and Diving
- Volunteering at the Animal Rescue
- Cycling



For more info about this trainer,
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24hourfitness.com/personaltraining

Club ID: 518

