

# Mike R.



Team Member Since: 2001

## Education & Certifications

- AED (Automated External Defibrillator)
- Aerobic and Fitness Association of America - Personal Trainer Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Council on Strength and Fitness - Personal Trainer

## Hobbies and Achievements

- Bicycling
- Blues guitar
- Motorcycling



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