

Ikaika O.



Certified Personal Trainer
Team Member Since: 2011

Education & Certifications

- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Fitness Nutrition Specialist
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Academy of Sports Medicine - Sports Fitness Specialist
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Mixed Martial Arts
- Water Sports
- Playing Rugby
- Weight lifting



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