

Rex B.



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

Education & Certifications

- BS in Applied Theories of Exercise and Sport from Metro State University of Denver
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Performance Enhancement Specialist

Hobbies and Achievements

- Martial Arts and Capoeira
- Bodybuilding
- Weight Loss
- Healthy Cooking



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