

Ikaika R.



Certified Personal Trainer
Master Trainer
TC24 Coach
Team Member Since: 2008
Sessions Serviced: 5,000 +

Education & Certifications

- BS in Sports Nutrition from University of Hawaii
- CPR Certification
- National Academy of Sports Medicine - Fitness Nutrition Specialist
- National Council on Strength and Fitness - Personal Trainer

Hobbies and Achievements

- Playing Softball/Baseball
- 4th Place in 2014 Las Vegas Classic Bodybuilding Show
- 5th Place in 2014 Paradise Cup Bodybuilding Show



For more info about this trainer,
scan this code with your smart phone or visit:

24hourfitness.com/personaltraining

Club ID: 559

