

Ikaika R.



Certified Personal Trainer
Master Trainer
Team Member Since: 2008

Education & Certifications

- BS in Sports Nutrition from University of Hawaii
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Fitness Nutrition Specialist
- National Council on Strength and Fitness - Personal Trainer

Hobbies and Achievements

- Hiking
- Playing Baseball/Softball
- Bodybuilding



For more info about this trainer,
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