

# Ralph B.

## Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor



**Master Trainer**  
**Group X Instructor**  
**Fitness Manager**  
**Team Member Since: 2008**  
**Sessions Serviced: 5,000 +**

## Hobbies and Achievements

- Spending quality time with family and friends
- Snowboarding
- San Francisco 49ers & San Francisco Giants
- Traveling
- Active INBA Physique Competitor



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

[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)

Club ID: 571

