

# Ricky E.



**Certified Personal Trainer**  
**Team Member Since: 2009**

## Education & Certifications

- AA in Health and Fitness from Bryan College
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer

## Hobbies and Achievements

- Muay Thai Kickboxing
- Boxing
- Running
- Strength conditioning



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