

Ross A.



Certified Personal Trainer
Master Trainer
Team Member Since: 2007
Sessions Serviced: 5,000 +

Education & Certifications

- BS in Nutrition from University of Hawaii
- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- USA Weightlifting Certification

Hobbies and Achievements

- Bodyboarding and Surfing
- Olympic Weightlifting
- Art
- Food and Wine



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