

Ryan S.



Certified Personal Trainer
Team Member Since: 2012
Sessions Serviced: 2,000 +

Education & Certifications

- BS in Human Development from UC Davis
- 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 Council on Strength and Fitness - Personal Trainer

Hobbies and Achievements

- 4 Year NCAA Division 1 Athlete
- 2010 National Strength and Conditioning All-American
- 2006 CIF Division 1 State Champion
- All Sports
- Strength Training



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