

Chris R.



Certified Personal Trainer
Team Member Since: 2013

Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer

Hobbies and Achievements

- U.S. Marine, 2004-2009
- Basketball
- Football
- Anything that is competitive
- Spending time with my family and friends



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