

Robert S.



Master Trainer
Fitness Manager
Team Member Since: 2006

Education & Certifications

- Cooper Institute Certified Personal Trainer (CI-CPT)
- American Council on Exercise - Personal Trainer Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist

Hobbies and Achievements

- Nutrition
- Traveling
- Triathlons



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