

Ross H.



Certified Personal Trainer
Team Member Since: 2013

Education & Certifications

- BA in Communications from S.U.N.Y @ Old Westbury
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Fitness Nutrition Specialist

Hobbies and Achievements

- Avid surfer and sailor
- Martial arts
- Muay Thai and boxing



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