

# Mike R.



**Certified Personal Trainer**  
**Team Member Since: 2006**

## Education & Certifications

- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- CPR Certification

## Hobbies and Achievements

- Cooking
- Strength training
- Nutrition



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[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)