## Ronald H.



Master Trainer Team Member Since: 2010 Sessions Serviced:2,000 +

## **Education & Certifications**

- AED (Automated External Defibrillator)
- 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
- TRX Suspension Training Certified TRX Instructor

## **Hobbies and Achievements**

- Football
- Martial arts
- Track & Field



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