

Russell P.



**Certified Personal Trainer
Team Member Since: 2010**

Education & Certifications

- MA in Criminal Justice from California State University - Long Beach
- American College of Sports Medicine - Personal Trainer Certification
- CPR Certification
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Hiking and outdoor photography
- Running and cycling
- Autism research and grant writing
- Strength training



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