

Jorge R.



Certified Personal Trainer
Team Member Since: 2013

Education & Certifications

- BS in Criminal Justice from San Diego State University
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Ex-Professional Soccer Player
- PAC 10 Athlete and GK of the month
- SDSU Scholar Athlete
- Staying Fit and Healthy
- Motivating those around me



For more info about this trainer,
scan this code with your smart phone or visit:

24hourfitness.com/personaltraining