

# Richard D.



**Certified Personal Trainer**  
**Master Trainer**  
**Team Member Since: 2007**  
**Sessions Serviced: 5,000 +**

## Education & Certifications

- BA in Communication from UCSD
- AED (Automated External Defibrillator)
- CPR Certification
- KETTLEBELL – Certified Kettlebell Instructor
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Weight Loss Specialist
- National Council on Strength and Fitness - Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Traveling
- Sports



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

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

Club ID: 814

