

Kent R.



**Certified Personal Trainer
Group X Instructor
Team Member Since: 2013**

Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- KETTLEBELL – Certified Kettlebell Instructor
- National Council on Strength and Fitness - Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Competing in fitness competitions and weight training
- AMFPT certifications in Personal Trainer, Master Trainer, Group Fitness Instructor, Strength & Condition Trainer, Certified in Sports Nutrition



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