

Roger H.



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

Education & Certifications

- BA in Religion from Western Kentucky University
- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- CPR Certification
- National Strength and Conditioning Assoc. - Certified Strength and Conditioning Specialist®
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Martial Arts
- Marine Corps Martial Arts Instructor Trainer 2009
- Marine Corps Combat Conditioning Instructor 2008
- Tactical Strength and Conditioning Facilitator 2009
- Reading



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