

Ramon G.



Certified Personal Trainer
Master Trainer
Team Member Since: 2012

Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Council on Strength and Fitness - Personal Trainer

Hobbies and Achievements

- Co-Author of Power of Posture
- Trekking Mount Everest in October 2013
- Over 300 miles hiked and backpacked on Pacific Crest Trail
- Over 10 years martial arts experience
- High School Varsity Football, Wrestling, Field



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

24hourfitness.com/personaltraining

Club ID: 868

