

# David R.



**Certified Personal Trainer**  
**Team Member Since: 2013**

## Education & Certifications

- BA in Art from California Institute of the Arts
- AED (Automated External Defibrillator)
- CPR Certification
- International Sports Sciences Association - Strength and Conditioning Certification

## Hobbies and Achievements

- Played football 6 years
- Cross fit competitions 2 years
- Natural bodybuilding competitions 1 year



For more info about this trainer,  
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[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)