

Mark R.



Certified Personal Trainer
Master Trainer
Group X Instructor
Assistant Fitness Manager
Team Member Since: 2012
Sessions Serviced: 2,000 +

Education & Certifications

- BS in Athletic Training from San Diego State University
- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- USA Mountain Nationals Bike 2012 5th Place
- Leadville 100 10:30
- USA Triathlon Coach
- Oceanside 1/2 Ironman top 50 age group
- USA Cycling Coach



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

24hourfitness.com/personaltraining

Club ID: 888