

Robert C.



Certified Personal Trainer
Team Member Since: 2010

Education & Certifications

- BS in Sports Management from University of Charleston
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- NCAA All American Football
- Played 3 years Arena Football
- Strength and Conditioning Coach
- Competitive Power Lifter
- Enjoy extreme sports



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