

Stephen R.



Certified Personal Trainer
Team Member Since: 2012

Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Competing in Mens Physique Competitions
- Nutrition
- Cooking
- Lifting Daily
- Class A 2nd Place 2013 Orange County Muscle Classic



For more info about this trainer,
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24hourfitness.com/personaltraining