

Eric R.



**Certified Personal Trainer
Team Member Since: 2009**

Education & Certifications

- BA in Sociology from University of Colorado, Boulder
- AED (Automated External Defibrillator)
- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer Certification
- National Academy of Sports Medicine - Fitness Nutrition Specialist
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- ESPN's 4th Strongest Man in College Football (2011)
- CBS Sport's 'Freak List' Top 10 Craziest Athletes in the Country (2012)
- Played football for the University of Colorado, Boulder
- Played Division 1 football in both Blg 12 and Pac 12 conferences



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

24hourfitness.com/personaltraining

Club ID: 053