

Rock A.



Team Member Since: 2005

Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- Professional Fitness Instructor Training - Rehabilitative Exercise Specialist

Hobbies and Achievements

- Played college football for 2 years
- Performed in college track and field for 2 years
- Enjoys SCA-Martial Arts
- Can successfully perform a one arm pull up



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