

Ricky R.



Certified Personal Trainer
Team Member Since: 2012

Education & Certifications

- BA in Criminal Justice from California State University Fullerton
- NASM - MMA CS (Mixed Martial Arts Conditioning Specialist)
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Fitness Nutrition Specialist
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Council on Strength and Fitness - Personal Trainer

Hobbies and Achievements

- Nutrition & Healthy Cooking
- Health & Fitness (Bodybuilding)
- Mixed Martial Arts (Muay Thai, Western Boxing, BJJ)
- Rock Climbing (Hiking, Bouldering)
- Board Sports (Snowboarding, Wakeboarding, Surfing)



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24hourfitness.com/personaltraining

Club ID: 073