

Christian R.



**Certified Personal Trainer
Team Member Since: 2011**

Education & Certifications

- Kinesiology from Cal State San Marcos
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Council on Strength and Fitness - Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- All League in basketball, 2009
- Basketball: 3 year varsity starter and team captain
- Coaching: basketball and baseball
- Motor Sports
- Swimming



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24hourfitness.com/personaltraining

Club ID: 095