

# Juan R.



**Certified Personal Trainer**  
**Team Member Since: 2012**

## Education & Certifications

- BS in Kinesiology - Fitness from California State University Long Beach
- AED (Automated External Defibrillator)
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- National Strength and Conditioning Assoc. - Certified Strength and Conditioning Specialist®
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Certified Precision Nutrition Level 1 Coach - 2015
- Certified Functional Movement Screen Professional - 2014
- Santa Barbara City College Mens Volleyball 2009-2001
- Beach volleyball
- Staying active



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Club ID: 186