

Ian R.



**Certified Personal Trainer
Team Member Since: 2013**

Education & Certifications

- BA in Art/Architecture from University of Colorado, Boulder
- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- CPR Certification
- KETTLEBELL – Certified Kettlebell Instructor
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Track & field - long sprinter for University of Colorado
- Triathlon - 5th place age group 1995 National Sprint Championships
- Cyclocross - ACA best area rider title, 2003
- Mt. Bike - 3rd place rigid/singlespeed team 24 Hrs of Moab, 2003
- Kettlebell Lifting - IKLF ranked kettlebell lifter



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Club ID: 355