

# Richard S.

## Education & Certifications

- BS in Athletic Training from California State University Long Beach
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Athletic Trainers Association - Athletic Trainer Credential
- TRX Suspension Training – Certified TRX Instructor



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

## Hobbies and Achievements

- Boxing
- Tae Kwon Do
- Jui Jitsu
- Eskrima



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Club ID: 493

