

# Mike R.



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

## Education & Certifications

- MS in Entrepreneurship from University of Florida - Warrington College of Business
- AED (Automated External Defibrillator)
- CPR Certification
- KETTLEBELL – Certified Kettlebell Instructor
- National Academy of Sports Medicine - Certified Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- 2x All-Conference Defensive Lineman 2006 and 2009



For more info about this trainer,  
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[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)

Club ID: 562

