

Ralph B.

Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor



Master Trainer
Group X Instructor
Fitness Manager
Team Member Since: 2008
Sessions Serviced: 5,000 +

Hobbies and Achievements

- Spending quality time with family and friends
- Snowboarding
- San Francisco 49ers & San Francisco Giants
- Traveling
- Active INBA Physique Competitor



For more info about this trainer,
scan this code with your smart phone or visit:

24hourfitness.com/personaltraining

Club ID: 571

