

Randy D.



Certified Personal Trainer
Master Trainer
Fitness Manager
Team Member Since: 2012

Education & Certifications

- BS in Engineering from Colorado Christian University
- AED (Automated External Defibrillator)
- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Fitness Nutrition Specialist
- National Academy of Sports Medicine - Performance Enhancement Specialist
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Crossfit
- Golf
- TRX training
- Skiing and snowboarding
- Coaching youth athletics



For more info about this trainer,
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24hourfitness.com/personaltraining

Club ID: 664