

# Randy R.



**Certified Personal Trainer**  
**Master Trainer**  
**Fitness Manager**  
**Team Member Since: 2003**  
**Sessions Serviced: 20,000 +**

## Education & Certifications

- BA in Management from University of Houston
- 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 Academy of Sports Medicine - Performance Enhancement Specialist
- National Academy of Sports Medicine - Sports Fitness Specialist
- Professional Fitness Instructor Training
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Reading
- Skydiving
- Mixed martial arts
- Traveling
- Teaching



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

Club ID: 696