

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



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24hourfitness.com/personaltraining

Club ID: 696