



# Rodolfo R.

## CERTIFICATIONS/EDUCATION

ISSA - Certified personal trainer

CPR & AED

Bachelors in kinesiology (current)



## TRAINING PHILOSOPHY

There is no wrong way to train. You can train for strength, health, weight loss, weight gain, fitness, or specific niche goals. Each and every goal will require a different way to approach training and nutrition. It is my job as a trainer to guide the client through the path that will result in getting from point A to point B most efficiently.

## MOTTO

“Work hard. Rest harder!”



RECREATIONAL SPORTS  
[www.recsports.unt.edu](http://www.recsports.unt.edu)  
940-565-2275 | 940-369-8347

