

Rick

Certified Personal Trainer

About Me:

Rick is the proud owner and operator of a premier training facility located in O'Fallon, MO. With an unwavering passion for fitness, Rick made a life-changing decision in July of this year – leaving behind a 35-year career to fully commit himself to training. Beyond his professional dedication, Rick is a devoted family man, happily married with three grown daughters and the joyful role of being a grandfather to five small grandchildren.

Rick is not just a trainer; he's a powerhouse in the realms of powerlifting and Brazilian jiu-jitsu. With a remarkable journey spanning local, national, and world competitions since 2000, Rick possesses a wealth of experience that goes beyond coaching – he's an accomplished athlete himself. His expertise is geared towards sculpting a better version of yourself, drawing from his extensive background in competitive sports.

Availability:

Monday, Tuesday, and Thursday



Education & Certifications:

Westside Barbell

Specialties:

Powerlifting

Brazilian jiu-jitsu

Strength and Conditioning

