



HOMETOWN

Born and raised in Sterling, Colorado.
Traveled through the military to San Diego,
Kansas City and Honolulu Hawai'i.
Moved to NC from Orlando

EDUCATION

Associates Degree in Fitness from
Heritage College, Kansas City

CERTIFICATIONS

Personal Training -
American Council on Exercise
Orthopedic Exercise - A.C.E.
Longevity Wellness - A.C.E.
Cognitive Behavioral Change Practitioner -
University of Modern Applied Psychology
Former Military Master Trainer for the U.S.
Coast Guard's Tactical Law Enforcement Team

SPECIALTY

Functional Strength and Mobility

AVAILABILITY

Monday-Friday, 9:00am-5:00pm

MOTTO

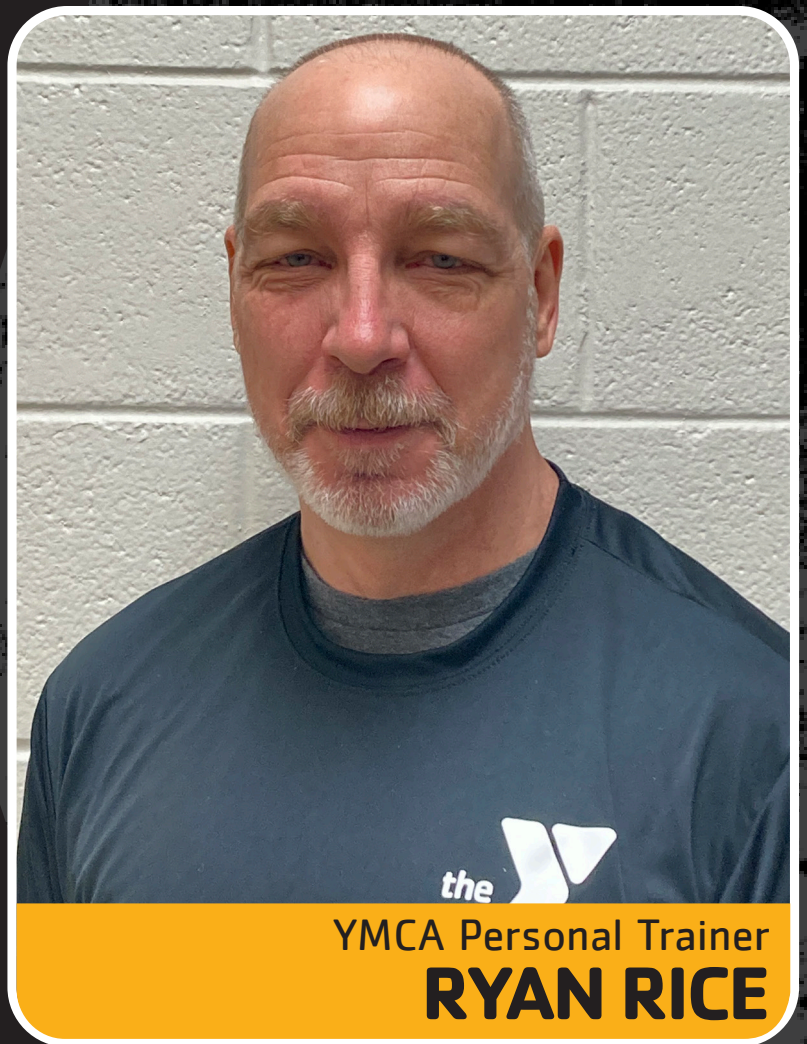
Physical Training is a Mental Endeavor

FAVORITE EXERCISE

Rotational Squat

BIO

I am a veteran of the U.S. Navy and U.S. Coast Guard having served with the elite Tactical Law Enforcement Team in San Diego, California where I helped develop physical and mental strength training platforms for counter narcotics/terrorism teams. I have been deployed to more than 30 countries with the mission of U.N. embargo enforcement and to train local law enforcement in counter narcotics and human trafficking interdiction. I served in local law enforcement in Colorado as Patrol, K9 and SWAT and moved



YMCA Personal Trainer
RYAN RICE

to Florida in 2012 where I worked in post-orthopedic exercise and general fitness as well as spending 5 years with a major fitness franchise as both a trainer and Trainer Manager for 19 clubs in Central Florida. I combine my military experience and clinical training to provide education and training to my clients and believe the mind is key to physical performance and that community and altruism produce superior athletes and capable humans.