



EDDIE ROUBAL

LV3 PERSONAL TRAINER

FUN FACT:

I am going to be a Registered Dietitian!

Education:

Nicholls State University
B.S. in Dietetics
University Of New Orleans
B.S. in Human Performance and Health Promotion

Certifications:

ACSM–Cert. Exercise Physiologist
ACE–Health Coach
ACE–CPT
AHA–CPR/AED
TRX – Group Training
Madd Dog Athletics–L3 Instructor

Favorite exercise(s):

Anything TRX!

Contact:

eroubal@ochsner.org

EXPERIENCE:

- Over 24 years of Personal Training and Coaching

Specialties:

- TRX
- Group training
- Post – Rehab

Sport(s):

- Cycling
- Endurance sports