



# RAMAAD ROBINSON

## LV1 PERSONAL TRAINER

### **FUN FACT:**

I do morning motivation videos Monday through Friday and I like making people smile.

### **Certifications:**

AHA - CPR/AED for health providers  
Certified Personal Trainer (ACTION)

### **Favorite exercise(s):**

Running/sports; but I really enjoy ALL exercises. I like the challenge-bring it on!!

### **Contact:**

[Ramaad.Robinson@ochsner.org](mailto:Ramaad.Robinson@ochsner.org)

### **EXPERIENCE:**

- *Manager at OFC (2020)*
- *Certified Personal Trainer (2016)*
- *Football Coach (2016)*
- *Track Coach (2016)*

### **Specialties:**

- General health and fitness
- Muscle building
- Athletic Performance
- Weight Loss
- Motivation

### **Sport(s):**

- Football
- Track