



ROBERT DEAN

LV2 PERSONAL TRAINER

FUN FACT:

I worked 7 years full time as an Ocean Rescue (Baywatch) Lifeguard, and I love surfing!

Education:

University of North Florida
B.S. General Biology

Certifications:

NASM-CPT
Crossfit L1
AHA-CPR & AED

Favorite Exercise(s):

Rope Climbs, Back Squats,
Handstand walk, and Trail Running

Contact:

Robert.Dean@Ochsner.org

EXPERIENCE:

- Over a decade experience in Strength and Conditioning
- Special Populations Training (Chronic diseases, Neuromuscular conditions, and post-rehab)
- Medical Fitness Trainer at Ochsner Fitness Center

Specialties:

- Strength and Conditioning Programming
- Weight loss/management
- Running/Endurance Training
- High Intensity Interval Training
- Seniors and High Risk Clients
- Balance Improvement