

Bio of Ron Incerta

Ron Incerta is a certified personal trainer and works with clientele on a variety of skill and fitness levels, ranging from elite professional athletes to clinical rehabilitation to extreme weight loss. He has received numerous accreditations through the NSCA, USAW and CrossFit, and specializes in Kettlebell instruction, nutritional counseling, and sports performance. He remains an ultra competitive athlete with seven years of experience in martial arts and recently completed the Navy SEALs Training course. His philosophy is built around the specific needs of his clients, as well as providing instruction, open communication, and paying close attention to detail.