

Rob Glicks Hi Low Mix 64min 145 150bpm

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Rob Glick has presented in more than 35 countries at hundreds of major fitness conferences. He received the 2006 International Presenter of the Year Award from CanFitPro and the 2005 Best Male Presenter Award from ECA. Rob has been instrumental in bringing efis GRAVITY4 Programming to the club industry, and he is also a master trainer for Schwinn and BOSU. He holds a B.S. in exercise science and is a continuing education provider for both ACE and AFAA. Rob has starred in many fitness videos including his newest Amazing Cardio Combos. Rob teaches weekly at Equinox in Newport Beach and you can find Rob on Exercise TV as one of the Star Trainers.

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