



Robert Hughes

*ISSA Certified
Personal Trainer*

Kieser Certified Cycle Instructor

ISSA Specialist in Strength & Conditioning



Born and raised in South Bend, Rob is a U.S. Army Veteran with 6 years of service in the 1st and 80th Field Artillery Battalion. He has over 17 years of experience as a certified personal trainer, along with over 8 years of fighting experience in the art of Muay Thai Kickboxing - where he trained in Toronto, Canada. Get shredded fast with Rob! His specialties include weight training for power and sculpting, strength and conditioning training for athletic performance enhancement, and kickboxing workouts to help you shed those unwanted pounds.

www.mykroc.org/personal-training