



# RANDY BURGARD

## LV3 PERSONAL TRAINER

### **FUN FACT:**

I love music and singing karaoke.  
My current fitness goal is to be able to perform a one-arm pull-up.

### **Education:**

B.A., University of New Orleans

### **Certifications:**

NSCA-CPT  
USAW-LVL 2  
AHA-CPR/AED

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

pull-up, chin-up, and, muscle-up variations

### **Contact:**

[rburgard@ochsner.org](mailto:rburgard@ochsner.org)

### **EXPERIENCE**

- 1.5yrs at UNO Wellness Center
- 19yrs Ochsner Fitness Center

### **Specialties:**

- General strength and conditioning
- Powerlifting
- Weightlifting
- Improving body composition