

Alex R.



Certified Personal Trainer
Team Member Since: 2013

Education & Certifications

- BS in Nutrition and Wellness from Iowa State University
- AED (Automated External Defibrillator)
- American College of Sports Medicine - Certified Personal Trainer
- CPR Certification

Hobbies and Achievements

- Running
- Olympic Lifting
- Mountain Skiing
- Writing and performing music
- Travel



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Club ID: 067