

# Alex E.



**Master Trainer**  
**Fitness Manager**  
**Team Member Since: 2002**  
**Sessions Serviced: 5,000 +**

## Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Advanced Sports Fitness
- National Academy of Sports Medicine - Integrated Flexibility Specialist
- National Academy of Sports Medicine - Optimum Performance Certification
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Academy of Sports Medicine - Sports Fitness Specialist
- USA Weightlifting Certification

## Hobbies and Achievements

- Skimboarding
- Fitness Cuisine
- Train Professional Athletes
- 500m CIF Finalist



For more info about this trainer,  
scan this code with your smart phone or visit:

[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)

Club ID: 085

