

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



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