

Alex M.



Master Trainer
Team Member Since: 2001
Sessions Serviced:20,000 +

Education & Certifications

- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- Cooper Institute - Biomechanics of Resistance Training
- CPR Certification
- National Academy of Sports Medicine - Advanced Sports Fitness

Hobbies and Achievements

- Working out
- Meeting new people



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