

Alex B.



Master Trainer
Team Member Since: 2010
Sessions Serviced: 2,000 +

Education & Certifications

- BS in Exercise Science from Missouri Baptist University
- AED (Automated External Defibrillator)
- American College of Sports Medicine - Certified Personal Trainer
- American Council on Exercise - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification

Hobbies and Achievements

- 2012 MCLA All-American Collegiate Lacrosse Player
- 2013 Half Iron Man Branson finisher
- Leisure activities
- Cooking
- Plyometric Exercises



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