

# Alex C.



**Certified Personal Trainer**  
**Team Member Since: 2013**

## Education & Certifications

- AED (Automated External Defibrillator)
- Cooper Institute - Personal Trainer Certification
- CPR Certification

## Hobbies and Achievements

- Power lifting competitor
- Body Building contestant
- Rangers fanatic



For more info about this trainer,  
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[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)