

Alexander F.



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

Education & Certifications

- BS in Exercise Sports Science from University of San Francisco
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Strength and Conditioning Assoc. - Certified Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- USA Boxing Certified Coach - Level 1 since 2010
- Sports Specific, Strength & Conditioning Training
- Relaxing with family and friends
- 49ers, Warriors, Giants, Sharks
- The Walking Dead



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