

Alex L.



Certified Personal Trainer
Team Member Since: 2013

Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Fitness Nutrition Specialist

Hobbies and Achievements

- Fitness and bodybuilding
- Wrestling
- Playing guitar



For more info about this trainer,
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Club ID: 660