

# Alexis P.



**Certified Personal Trainer**  
**Master Trainer**  
**Team Member Since: 2012**

## Education & Certifications

- BA in Sports Technology from Interamerican University of Puerto Rico
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Sports Fitness Specialist
- National Council on Strength and Fitness - Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Mud Races
- Watching Live Music
- Hiking Trips



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