

# Alex R.



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

## Education & Certifications

- BS in Nutrition and Wellness from Iowa State University
- AED (Automated External Defibrillator)
- American College of Sports Medicine - Certified Personal Trainer
- CPR Certification

## Hobbies and Achievements

- Running
- Olympic Lifting
- Mountain Skiing
- Writing and performing music
- Travel



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

Club ID: 067