

Alex B.



Certified Personal Trainer
Master Trainer
Team Member Since: 2010
Sessions Serviced: 5,000 +

Education & Certifications

- BS in Exercise Science from Missouri Baptist University
- AED (Automated External Defibrillator)
- American College of Sports Medicine - Certified Personal Trainer
- American Council on Exercise - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- 2012 MCLA All American - Lacrosse
- 2013 Half Iron Man Branson Finisher - Triathlon
- Disc Golf
- Outdoor Activities
- Cooking



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Club ID: 359