

Alex D.



Certified Personal Trainer
Team Member Since: 2013

Education & Certifications

- BA in Fitness and Human Performance from University of Houston-Clear Lake
- AED (Automated External Defibrillator)
- American College of Sports Medicine - Certified Personal Trainer
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Council for Certified Personal Trainers - Future Fit Inc.
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- National Strength and Conditioning Assoc. - Certified Strength and Conditioning Specialist®

Hobbies and Achievements

- Weight lifting
- Tattoos
- Football
- Basketball



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24hourfitness.com/personaltraining

Club ID: 692