



HOMETOWN

Puerto Rico, Bayamon

EDUCATION

G.A in Professional Trainer in Puerto Rico

CERTIFICATIONS

NPTA Certified Personal Trainer

ASHI: CPR, AED, Oxygen and First Aid

SPECIALTY

Interval Training

Functional Fitness

Strength Training

AVAILABILITY

Varied morning, afternoons and evenings

MOTTO

"Failure is not falling down but refusing to get up"

FAVORITE EXERCISE

Muscular Strength Exercises, Hypertrophy and Muscular Resistance Exercises

BIO

I started in the fitness world at the age of 16 participating in body building competitions up until 2012. My experience from body building is what sparked my passion for fitness and helping others reach their fitness goals. I decided to dedicate my life to this business, not only to be in better shape myself, but to provide the same healthy life experience to my clients. I am here to help my clients reach their fitness goals.

