

Alex possesses a strong background on sports and personal physical training. Through high school and early college years, Alex formed part of Puerto Rico's National Handball Team. He began coaching children and developing the sport of handball in Puerto Rico since 1996. During his military career, he devoted countless hours training and coaching the youth local softball and soccer teams near his assigned duty station. His passion for fitness and the improvement of the body and the mind as one, motivated him to complete his personal training certification in January of 2024. His training philosophy is based on well-established goals, intensity on the training session and the innate motivation of each individual.

