



# Alex Sepliarsky

Fitness instructor

## PROFILE

Personal trainer and fitness instructor with almost 10 years of experience in the field.

I stepped into the world of fitness when I was 11 years old. My uncle was powerlifter and I knew I wanted to develop myself as a fitness instructor. I've never stopped working out since i was 19.

I love to write specific routines and walk through the process of my clients. Wether is a large group or just one person I feel motivation and knowledge takes a great part on the process to achieve their goals.

## JOB EXPERIENCE

**Floor fitness  
instructor at  
Keltia Ximnasio  
September 2017-  
currently.**

*fitness instructor specialized in  
wellness, bodybuilding and  
functional training.*

*Contact: Miss Nicole Fernandez -  
Manager +5491131917826*

## ADTrainers 2017-2019

*Personalized classes on demand.  
A personal project I made with  
one colleague of mine. Working  
both presential indoor and  
outdoor and online classes*

## XPOWERTRAIN 2019-currently.

*Full online coaching and follow up with more  
than 50 clients*

## LANGUAGE

English - Bilingual  
Spanish - Native

## EDUCATION

**Granaderos  
Institute  
Highschool  
2002-2006**

**CEEFF INSTITUTE  
2017 - Fitness  
instructor/personal  
trainer**

## Personal information

Age: 36 years old

Height: 1,77

Weight: 79kg

Date of birth: 14/02/1989

Nationality: Argentina

## CONTACT INFO

+541153138399

Buenos Aires, Argentina  
xpowertrain@gmail.com

SOCIAL MEDIA

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