

Enrique Martínez



Bachelor's Degree in
Administration –
Professional
License No. 1,156564.
Originally from Mexico
City and currently
residing in Puebla,
Mexico.
Single, father of three
children.



Weightlifting and Boxing Instructor

I have extensive experience (22 years) as a fitness instructor in weight training and boxing at a recreational level, as well as in cardio, self-defense, and professional training. I have worked in numerous gyms in my country, including Tijuana, Mexico City, and Cancún.

Additionally, I am a corporate instructor specializing in human development, which enhances my expertise, particularly in the area of "floor trainer development", focusing on psychomotor skills. I have worked with all types of companies in Mexico and a large part of Latin America.



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