


# ALEJANDRO MATEO

PERSONAL TRAINER



 Playa del Carmen, México

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 amateom88@gmail.com

## LANGUAGE

Spanish

English

## CERTIFICATION

### SC UNIVERSITY

Fitness professional  
specialized in strength and  
muscle development.

### LA SALLE UNIVERSITY

Holds certificación in  
nutrition and sports nutrition

### FITNESS & SALUD ESPAÑA

Personal Trainer and fitness

### TRX CERTIFICATE

TRX personal trainer

## PROFILE

My passion for the fitness world began at the age of 17, and since then I've been fully immersed in it. Over the years, I've practiced various training styles including weightlifting, Crossfit, TRX, cardio gym, pilates, yoga and box. I've also taken several courses and participated in competitions.

I consider myself a highly disciplined person who loves to share what I've learned and help others achieve their fitness goals.

## EXPERIENCE

### HARD CANDY POLANCO (MEXICO CITY)

Floor Coach and fitness assistant.

### ENERGY GYM (MEXICO CITY)

Floor Coach and personal trainer.

### CROSSFIT CUAUTEMOC (MEXICO CITY)

Crossfit instructor.

### CANDY SHOP (MEXICO CITY)

Nutrition, sport medicine, personal trainer.

### MATNESS (PLAYA DEL CARMEN)

Nutrition, sport medicine, personal trainer.

### BALAM GYM ( TULUM )

Personal trainer, TRX Coach.