



# THE NEXT LEVEL

Personal Training at the Y

## Alex Huerta



### Philosophy

"You can have results or excuses. Not both."

-Arnold Schwarzenegger

### Background

Originally from Lakewood, Alex grew up playing soccer, until age 16. He then devoted his attention to joining the Navy. Alex prepped for Navy Bootcamp in high school by swimming, running, and starting weight and plyometric training. Alex proudly served in the Navy from 2006 through 2012. After suffering a multitude of injuries, Alex decided to pursue his college degree so he could help others like the Physical Therapists and Athletic Trainers that helped him with his injuries. Go NAVY, beat Army!!

### Workout

His workouts are meant to push you past what you think you can do to achieve your goal. He looks to correct any muscular deficiencies you may have, that way you move better, and feel better. Alex also enjoys educating his clients, so that they feel more confident and comfortable in the gym.

### Certifications & Specializations

- California State University, Long Beach, Bachelor of Science, Athletic Training
- National Academy of Sports Medicine (NASM)
- Hawkgrip IASTM Level 1

**Interested in Training with Alex?**

**Lakewood Family YMCA**

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