



Elite Personal Trainer



Alex Morin

Alex has been enrolled in sports, fitness and martial arts since the early age of four. He successfully competed in his first cross country skiing marathon at the age of 8 and earned his first karate black belt at 14. Alex hosts an intensive background in track and field, hockey, mountain biking, triathalons, water skiing, kick boxing, muay thai and other mixed martial arts. Almost a decade of personal training experience starting in Beverly Hills, California, he has worked with rehabilitation and exclusive clients alike. His attention to each client and innate motivation skills make him one of the best.

Philosophy

Consistency is the key to success!

Certifications and Education

- BCRPA Certified Personal Trainer
- AFAA Personal Training Certification
- Kick Boxing Instructor
- Fong-Wei-Do (Art of Self Defence) Instructor
- Karate (Wadokai) Black Belt

Additional Training & Qualifications

- Spinning Instructor
- Cross Country Skier
- EasyZone Nutrition Program Certified
- Counseling and Basic Psychology (First Year College)
- Owned a Mix Martial Arts school

Client Specialty Focus

- Weight Loss
- Toning/Body Sculpting
- Men and Women 40+
- Sports Intensive Fitness Conditioning
- Kick Boxing
- Martial Arts/Self Defence

Testimonials

"I started working with Alex in February 2005, and I still love the workouts! Alex is an innovative fitness instructor that has fun and motivates to success." - MARLA

"Alex has kept me coming for almost 2 years. He keeps it motivating & fun, he is conscious of health issues." - ELLEN

Words of Wisdom "Willing is not enough - We must do!"