



## NICO ALVAREZ

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**Fitness Philosophy** I believe that everyone is built differently both physically and mentally, meaning what works for one may not work for the next. Therefore, I personalize every training plan based on the needs and goals of my clients to help them achieve their fitness and nutritional goals in a safe and efficient way.

### Areas of Expertise and Interest

#### Expertise:

- weightlifting for toning and increase in muscle mass
- cardiovascular speed and endurance training
- weight loss/gain
- balance and stabilization
- core strengthening
- obstacle course race training
- sports specific training

#### Fitness Interests:

- obstacle course race training
- weightlifting for toning or increase in muscle mass
- cardiovascular speed and endurance training
- balance and stabilization
- core strengthening
- sports specific training

### Education and Certification(s)

#### Oberlin Conservatory of Music, May 2021

- B.M. Music Performance – Percussion
- Certified Personal Trainer – National Academy of Sports Medicine – July 2020
- CPR/AED Certified – ProTrainings – May 2020