



HOMETOWN

Clemmons, NC

EDUCATION

B.M. in Film Scoring

CERTIFICATIONS

Personal Trainer - FiTOUR

SPECIALTY

Functional Fitness

Core Exercise

Strength Training

Swimming

MOTTO

"At 211 degrees, water is HOT. At 212 degrees, it BOILS. And with boiling water comes STEAM. With steam, you can POWER A TRAIN. One extra degree makes all the difference."

FAVORITE EXERCISE

Deadlifts, Pull-Ups, Core

AVAILABILITY

Flexible

BIO

I have always been an active individual. I played baseball in high school and swam competitively in the summer. In college I played intramural soccer, but I didn't start weightlifting until junior year of high school. I came to the YMCA and started working out when I was about 16. I remember how overwhelming the gym seemed. With all the different machines and workouts one can do, I had no idea where to start. So, like most people that are new to the gym, I just blundered my way through. I made mistakes, improper form led to some injuries, and didn't understand the importance



YMCA Personal Trainer
ALEX PATTERSON

of a structured workout. I have been working out for about 10 years now and have learned a lot along the way. I became a trainer to help people avoid making some of the same mistakes I made. I love teaching my clients new exercises and how to master proper techniques. I also love seeing my clients reach their goals and challenging them to push themselves a little farther than they thought they could go.