



# CHRIS PEREZ

## LV3 PERSONAL TRAINER

### FUN FACT:

I'm a huge Chicago Cubs fan. Therefore, one of my favorite cheat meals is "Chicago Style Hotdogs."

### Certifications:

ACE CPT  
USA Weightlifting Coach  
Crossfit Level 2 Trainer  
Crossfit Gymnastics

### Favorite exercise(s):

Ring Dips and Pistol Squats

### Contact:

[Christopher.perez@ochsner.org](mailto:Christopher.perez@ochsner.org)

### EXPERIENCE:

- Over ten years of experience in health and fitness.
- Background in Sports and Performance.
- Directed numerous strength and condition programs.
- Athletic training at high school, collegiate, and professional level.

### *AfterBurn:*

- *Chris is also the head trainer of the Afterburn program. Afterburn is a heart-rate monitored high-intensity training class designed for athletic performance. Regardless of what your goals are Chris can help achieve them!*

### *Specialties:*

- Olympic Weight Lifting
- Strength and Conditioning
- Speed and Agility
- Calisthenics
- High Intensity Interval Training
- Kickboxing