



# LEO RODRIGUEZ

## LV2 PERSONAL TRAINER

### **FUN FACT:**

I competed in a NPC to become Mr. Nebraska!

### **Education:**

Iowa State University: B.S. Kinesiology  
Fitness and Sports Management  
Associate of General Studies – Spring 2012

### **Certifications:**

ISSA-CPT  
AHA-CPR & AED

### **Favorite Exercise(s):**

Boxing, it's my favorite cardio!

### **Contact:**

***Leandro.Rodriguez@ochsner.org***

### **EXPERIENCE:**

- I've had a passion for health and fitness, and helping people achieve their goals for over a decade.
- I combine strength, resistance, and a wide variety of cardiovascular training, to assist in setting and achieving your lifestyle and fitness goals.

### **Specialties:**

- Strength and conditioning
- Weight loss/fat loss
- Muscle gain
- Calisthenics
- Sports performance (all sports)

### **Sport-specific technique training:**

- Boxing