



## Meet David!

**Crossfit Trainer**

CrossFit Level 1

- CrossFit Level Trainer 1, Buenos Aires Argentina
- CrossFit Kids Certified, Bogota
- Crossfit Weightlifting Certified, 2014
- CrossFit Gymnastics Certified, 2014
- BAA Personal Training 2015
- Psicólogo, University Católica of Quito, Ecuador, 2012.

I am a passionate person with sport especially with crossfit and how through this discipline you can help other people to improve their lifestyle and their health. I have been working for 10 years with many people of different ages from young children to the elderly.

In 2013 I started my own crossfit box in Quito-Ecuador and worked on it for 8 years helping many clients to find a better way to live and feel good.

