

Trainer Bio

Written by Administrator

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Andrea started CrossFit in 2004 and is a trainer at CrossFit Brand X in Ramona, CA. She is also a certified CrossFit Kids Trainer, and has attended specialty courses on gymnastics, Olympic weightlifting, barbell training, nutrition and mobility. Andrea is also a certified Infant Swimming Resourse Instructor (<http://www.infantswim.com/>), certified Pre/Post Natal Exercise Specialist and owner of CrossFit Mom. Andrea trains pregnant and post-partum women within the CrossFit methodology so they can maintain or begin their functional fitness program.