



Alfredo Marroquin

Position: Personal Trainer

Major: PEAK - Exercise Science

Certifications: ISSA, American Red Cross CPR, AED, First Aid

Biography: Alfredo is a Junior PEAK major. After completion of his degree at CSUB, he plans to be an athletic trainer at

the university level and then eventually opening his own athletic training center. He enjoys motivating and helping others to become healthier and more active because he had friends who did the same for him and it made all the difference. Alfredo likes to do a variety of activities that keep him active such as working out, obstacle course races, and hiking. He also enjoys playing video games and spending time with his family.

Exercise Philosophy:

“There’s no excuse to not be the hardest worker in the room, whatever it may be, your job, the gym, your relationship. Your name’s attached to it, and that has to mean more than anything.” – Greg Plitt

“You must believe in yourself enough to be the person now that you want others to remember you for later.” – Greg Plitt