

# RODRIGO ESTRADA



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28 - August- 1988



Mexico.



España.

## SKILLS

- Teamwork
- Own initiative
- Risk management
- Critical Thinking
- Photo, Video, Dron production

## LANGUAGE

Spanish

English

French

## ABOUT ME

I am a Professional Trainer & CrossFit Trainer, with more than 10 years of experience in the fitness industry. With experience in guests service, guests experience, luxury service and bespoke service in hospitality. General knowledge in maintenance, carpentry, plumeria and electricity

## EXPERIENCE

- Owner/Head Coach

South Cal CrossFit Los Cabos

- Fitness Trainer

Hotel Grand Velas Los Cabos

- Main Coach

CrossFit 10 Los Cabos

- Coach

FitnessDistrict CDMX

- Coach

Enigma CrossFit Lindavista

## CERTIFICATIONS

- Basic Safety Training STCW/2010
- Ship Security Awareness
- Seafarer Medical Certificate EGN1
- Open Water PADI
- IRATA L1 (Rope Access Technician)
- CrossFit Trainer L1
- CrossFit L2
- IKFF L1

## BACKGROUND

- National Powerlifting Competition
- Mexican Cycling Federation
- Rock Climbing in Mexican Federation of Mountain
- 2nd Force, Mexican Federation of Badminton