

Jake Velasquez

Personal Trainer

CERTIFICATIONS & DEGREES

Expert Rating

Personal Training Certification

SPECIALTIES

- Strength training,
- Running preparation
- Triathlon preparation
- Weight loss/gain training

QUICK FACTS

UH Degree:

Marketing
Class of 2013

Hometown:

Angleton, TX

Hobbies:

Playing all sports i.e. basketball, football, racquetball

Alter-Ego Name:

Ivan Drago

UNIVERSITY of
HOUSTON

DIVISION OF STUDENT AFFAIRS
Department of Campus Recreation



Fitness Philosophy

“Training is all about how much you put into it. You won't know your limits unless you test them.”

More About Jake

Jake is a Angleton High School graduate that went to Angelo State University on a football scholarship. After two years in Angelo, he came back to Houston and started doing triathlons and running events to stay in shape. Jake ended up loving all aspects of fitness and decided to become a personal trainer for The A.L.F. Project training program. He still trains on a daily basis to test his limits to see what he can still accomplish.