

About Rouven

Last Updated Tuesday, 05 August 2008

Rouven

Bürgel has worked as a Fitness Trainer, Personal Trainer, Army Instructor, Group Fitness Instructor and Fitness Program Director for more than 8 years.

Through his company, Xceller8ed Training, and work as Fitness Educator and Lifestyle Coach, Rouven presents a full series of international certifications.

Rouven is

the creator of the "Fit Squad Ab Secrets" and has educated thousand of people all over the globe and revealed the truth on how to get a six-pack.

Personal

Training Specialist BSA Akademie Germany

Due to
Rouvens army background he is certified by the Human Emergency Life Program
with an Emergency Pre-Hospital Care level 3 diploma. No. 1321

Athletic History:

- 12 years of competitive Thaiboxing and other martial arts.
- 4 years as an elite German soldier
- 100 km ultra marathon
- 2 x 40 km Bern, Switzerland
- many marathons and 10 km runs in Europe and Canada

Contact: Rouven@Xceller8ed.com

