



# TJ Leo

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**Email:** [tjleo.fit@gmail.com](mailto:tjleo.fit@gmail.com)

*TJ Leo holds a Bachelor's Degree from D'youville College. His degree is with a major in physical therapy and minor in biology. TJ Leo was born in 1989 in Manhattan, NY. Over the course of [his work-life](#), TJ Leo has held different positions as a fitness model, physical therapy assistant and personal trainer. TJ Leo worked at the ST Alicia Hospital as a physical therapy assistant for many years. Moreover, TJ Leo served as a personal trainer at Equinox gym. He held this position for six years from 2009 to 2015. Besides [his work career](#), he has a career as a professional bodybuilder. TJ Leo has attended many bodybuilding competitions. He won two of them. In his spare time, TJ Leo likes to travel, do mixed martial arts such as kickboxing and jiu-jitsu, and do cross-fit.*

## EXPERIENCE

### St. Alicia Hospital

#### Physical Therapy Assistant

TJ Leo served as a Physical Therapy Assistant at St. Alicia Hospital for several years.

### Equinox gym

2009-2015

#### Personal Trainer

Personal Trainer at Equinox gym for six years.

## EDUCATION

### D'youville College

#### Bachelor's Degree

Bachelor's Degree with a major in physical therapy and minor in biology.

## SKILLS

Bodybuilding, Fitness, Physical Therapy, Mixed Martial Arts, Kickboxing, Jiu Jitsu, Crossfit