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Triton College

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Triton College Personal Trainer to Compete on Global Stage at World Powerlifting Competition

RIVER GROVE – Alejandro “Alex” Jimenez, a personal trainer at Triton College and a dedicated powerlifter, is gearing up to represent his strength and skills on an international stage. Jimenez will compete in the World Powerlifting Congress, set to take place this month in Lisle, Illinois, where he will face top athletes from 46 countries.

“My goal is to be the best athlete and coach I can be,” he said. “I am competing as an athlete in the World Powerlifting Congress, but I am also coaching other lifters, too.”

Jimenez will compete in three key lifting categories: squat, bench press and deadlift. Victory in this international event would earn him the title of world champion, along with a medal, certificate, an opportunity at next year’s competition and, of course, bragging rights.

Currently, Jimenez enjoys those bragging rights after clinching first place at the national competition in June. He has competed internationally, showcasing his skills in locations such as London, Germany and across the United States.

Despite his success, Jimenez stays humble and trains himself and other athletes at his gym, Barbell Fitness in Bensenville. Outside of his own gym, Jimenez is a personal trainer at Triton College’s Fitness Center.

“I specialize in weight training, but I am willing to train people in different various types of workouts,” he said.

Individuals interested can enroll through Triton College’s School of Continuing Education for four, six or 12 sessions. Jimenez’s flexible schedule allows him to accommodate students based on availability.

Having grown up in Cicero, Jimenez became interested in lifting as a student at Morton East High School. During a typical physical education class, he found his fellow classmates following his lead when it came to working out. His P.E. teacher was impressed by the result and asked him to come up with workouts for the class.

“I really liked how it felt to train people,” he said.

After high school, Jimenez enrolled at Triton College to earn his Personal Trainer Certificate and associate degree in exercise science. He then went on to earn his bachelor's degree in exercise science from Concordia University Chicago.

“Strength training isn’t just for competition, but it’s for general health and functionality of living,” he said. “It’s having resistance to get stronger for daily activities and life.”

For more information on Jimenez’s training sessions, contact Triton’s School of Continuing Education at (708) 456-0300, Ext. 3500, or askce@triton.edu. Information about Triton’s Health, Sport & Exercise Science Program is available [here](#).

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ABOUT TRITON COLLEGE Triton College is an institution of higher education dedicated to student success. Triton offers more than 120 degree and certificate programs designed for students to realize their career aspirations and effectively compete in a global economy. The college campus spans 110 acres in River Grove, Illinois, holds classes at satellite locations and offers online learning opportunities. Triton’s exemplary faculty and staff work to provide high-quality, convenient and affordable educational opportunities to more than 10,000 students each year. Triton College is a member of The Community Colleges of Illinois and accredited by the Higher Learning Commission. Learn more at <http://triton.edu/>.