

## **Introduction of BeStrong Founder Aleksandar Grujicic**

### **Education**

Aleksandar Grujicic holds a Master of Sport Science and Physical Education from the University of Belgrade and University of Pristina and has more than 7 years of experience in fitness coaching in Europe and the Middle East. As a member of the national Serbian team in the U-14 and U-16 squads, Aleksandar understood very early that in order to achieve goals, fitness and determination make all the difference. Early in his studies, he got hooked into anatomy and biomechanics of a human body and became persistent in supporting others overcome injuries and get back into shape in the most effective way. Over the years Aleksandar has helped many athletes and fitness enthusiasts (both adults and teenagers/kids) to enhance their performance and achieve fitness goals

For Aleksandar it is absolutely mandatory to keep educating himself and his trainers and conduct research on specific topics. They come regularly together to share their knowledge, discuss certain challenges their clients have and cooperate to find the best possible individual training program for each client. They also attend workshops to deepen their knowledge and Aleksandar and most of the BeStrong trainers hold the following certificates:

- Certified Functional Strength and Conditioning Coach
- Strength and Conditioning Therapy Coach
- Certified Functional Coach
- Musculoskeletal Pathologic Conditions for Fitness and Other Movement Professionals
- Fundamental Biomechanics for Fitness and Other Movement Professionals

## **Specialities**

Aleksandar Grujicic specializes in:

### **1) Strength and conditioning**

- Performance enhancement
- Physical abilities development (Proprioception, co-ordination, Endurance, Power development, Core stability)
- Injury prevention and rehabilitation

### **2) Dealing with postural deformities:**

- Lordosis
- Kyphosis
- Scoliosis
- Knee Valgus
- Flat feet

### **3. Special program**

- ACL recovery
- Shoulder dislocation
- Hip replacement
- Arthritis
- Diabetes
- Shoulder imbalance
- Hips imbalance
- Ankles imbalance

### **4. Tissue restructuring**

- Weight management
- Muscles hypertrophy
- Fat reducing program