



DIANA GARCIACANO

LV2 PERSONAL TRAINER

FUN FACT:

I teach Strong Nation (HITT Class) and Les Mills Core in two languages.

Education:

Enrique Diaz de Leon University
Business Administration

Certifications:

IAFFP PT Certification
AHA BLS-CPR & AED

Favorite Exercise(s):

Back Exercises

Contact:

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EXPERIENCE:

- Over a decade in the Fitness Industry
- Individualized private training
- Small group training
- NPC Bikini and Figure Competitor since 2012

Specialties:

- Bikini and Figure Posing
- HIIT
- Muscle Gain
- Strength
- Weight loss