

About The Author



***Dr. Rob Kominiarek DO FACOFP
President & Medical Director
Alpha Male Medical Institute***

Find Dr. Rob online:

Medical Office: www.alphamaleinstitute.com

Media Inquiries: www.americasfitnessdoctor.com



Dr. Rob Kominiarek D.O., FACOFP is a board certified, Fellow of the American College of Osteopathic Family Physicians and a Fellows Crest Award Winner in Family Medicine with advanced training in Age Management Medicine and Hormone Optimization. He is president and medical director of the Alpha Male Medical Institute®. Dr. Rob is a graduate of the Nova-Southeastern University, College of Osteopathic Medicine in Fort Lauderdale, Florida. He completed his residency training at Ohio University, Grandview Hospital and Medical Center in Dayton, Ohio and is an Assistant Clinical Professor at Ohio University. An Amazon Bestselling Author and Executive Producer of “Dr. Rob In the House” on NBC2 in Dayton, Ohio. Dr. Rob is a medical advisor and director to emergency medical services, police departments and radio and television shows across the country. You can watch Dr. Rob on his weekly health segment “*Dr. Rob In The House*” on WDTN2. Dr. Rob is a veteran of the United States Army and is a bestselling author with a passion directed towards overall health of the mind and body thru proper nutritional habits, regular exercise, appropriate supplementation, and the intelligent optimization of hormones when clinically indicated. Dr. Rob is an avid athlete who enjoys cycling, swimming, triathlons, soccer, tennis, soaring, skiing Utah, Italian motorcycles, and automobile racing. Dr. Rob is a dedicated father who believes in practicing what he preaches, and as such lives a lifestyle dedicated towards healthy living and regular exercise.

“What are you willing to do that others won’t, so your body can perform when theirs cannot?”