

## CERTIFIED MASTER PERSONAL TRAINER

### Professional Summary

Seasoned health and fitness professional who provides personalized fitness and wellness programs to people of all ages and skill levels. A nationally Certified Master Personal Trainer using holistic mind and body philosophies to assist clients in reaching and maintaining fitness goals.

### Core Qualifications

Microsoft Word, Excel, and Adobe Strong organizational skills Photoshop Effective in a team environment

### Experience

Certified Master Personal Trainer 06/2013 to Current

Company Name City , State

- Work with clients to improve their overall function, endurance, strength, flexibility, and balance.
- Monitor and teach proper execution and form of exercises.
- Maintain detailed personal training records and update progress after each session.
- Create personal training programs that address specific injuries or health problems to meet individual fitness needs.
- Conduct off-site seminars and workshops to generate new business.

Fitness Director - Certified Personal Trainer 06/2008 to 06/2013

Company Name City , State

- Measured client's overall fitness by completing comprehensive evaluations and physician clearances.
- Scheduled and conducted fitness orientation appointments with new members.
- Managed the Personal Trainer schedule and conducted trainer evaluations.
- Responsible for new hire interviews and sales training.
- Reviewed weekly sales numbers and club statistics to identify areas for improvement.
- Organized off-site workshops and marketing events to generate new business.
- Successfully sold personal training packages.
- Provided personal training sessions and retained 80% of clients.

Fitness Director - Certified Personal Trainer 01/2007 to 06/2008

Company Name City , State

- Managed and trained fitness staff in sales and exercise techniques.
- Scheduled and performed fitness evaluations with new members.
- Participated in regional conferences to improve sales and personal training skills.
- Successfully sold personal training packages and provided personal training sessions.
- Designed enjoyable and innovative customized training programs based upon fitness goals.
- Conducted on-site seminars and workshops to generate interest in new club activities.
- Managed the Personal Trainer schedule, making sure sessions were completed timely and professionally.

### Education

Bachelor of Arts : Political Science 2006 California State University City , State Political Science

### Professional Affiliations

Certified Master Personal Trainer (MPT): National Exercise and Sports Trainers Association (NESTA) Certified Specialist: Functional Training Biomechanics Core Conditioning Speed, Agility, and Quickness National Exercise and Sports Trainers Association (NESTA) Certified Strength and Conditioning Specialist (CSCS) - In progress National Strength and Conditioning Association (NSCA) CPR, AED, First Aid American Red Cross

### Interests

Velocity Sports Performance - Mentored children 7-18 in soccer skills, teamwork, and fitness. Wellness Volunteer (Santarus, Inc.) - Conducted workshops to raise awareness about health and fitness. Athlete - Varsity wrestler, club hockey, and intercollegiate soccer player. VOLUNTEER EXPERIENCE Rancho Physical Therapy (60 hours) CORE Orthopaedic Medical Center (42 hours) La Paloma Healthcare Center (65 hours) COMMUNITY SERVICE Toys for Tots - Held weight-loss challenges to raise donations for children without toys on Christmas. I'm Going to College Tour - Gave local children from San Marcos, Ca a guided tour of CSU San Marcos.

### Skills

Adobe, Photoshop, balance, conferences, client, clients, Instructing, marketing, Excel, Microsoft Word, Strong organizational skills, program development, progress, sales, sales training, seminars, statistics, Trainer, training programs, verbal communication, workshops, Excellent written Additional Information

- EXTRACURRICULAR ACTIVITIES Velocity Sports Performance - Mentored children 7-18 in soccer skills, teamwork, and fitness. Wellness Volunteer (Santarus, Inc.) - Conducted workshops to raise awareness about health and fitness. Athlete - Varsity wrestler, club hockey, and intercollegiate soccer player. VOLUNTEER EXPERIENCE Rancho Physical Therapy (60 hours) CORE Orthopaedic Medical Center (42 hours) La Paloma Healthcare Center (65 hours) COMMUNITY SERVICE Toys for Tots - Held weight-loss challenges to raise donations for children without toys on Christmas. I'm Going to College Tour - Gave local children from San Marcos, Ca a guided tour of CSU San Marcos.