



# SIMON FORD

## Fitness Trainer

📞 1-750-333-7801 @ simon.ford20@yahoo.com 🌐 wide-rocket.name  
📍 Paulfort, Sri Lanka

## MY LIFE PHILOSOPHY

Fitness is not about being better than someone else; it's about being better than you used to be.

## STRENGTHS

### 🔧 Effective Client Communication

Utilize strong interpersonal skills to establish rapport, actively listen to clients, and effectively convey information, resulting in enhanced client engagement and satisfaction.

### ★ Adaptability and Flexibility

Able to quickly adapt and modify training plans to accommodate clients' changing needs or circumstances, ensuring optimal progress and results.

### ★ Motivational Coaching

Offer consistent encouragement and support to clients, inspiring them to push beyond their perceived limits and achieve their fitness goals.

## SKILLS

Personal Training ·

Group Fitness Instruction ·

Exercise Program Design ·

Nutritional Guidance ·

Client Motivation ·

Fitness Assessment ·

Injury Prevention · Class Instruction ·

Wellness Education

## SUMMARY

Passionate and dedicated Fitness Trainer with over 5 years of experience in designing personalized workout programs and leading group fitness classes. Proven track record of achieving exceptional client satisfaction and retention rates. Skilled in conducting fitness assessments, providing nutritional guidance, and delivering motivational coaching. Bachelor of Science in Exercise Science from the University of XYZ. Certified Strength and Conditioning Specialist (CSCS) and Certified Nutrition Coach. Recognized for creating and implementing successful workplace wellness programs. Fluent in English and Spanish. Excited to bring my expertise and enthusiasm to a new opportunity that allows me to continue transforming lives through fitness and wellness.

## EXPERIENCE

### Fitness Trainer

2022 - Ongoing

#### FitLife Gym

New York City

Developed personalized workout programs for clients, focusing on their specific goals and needs. Conducted individual and group training sessions, providing guidance and motivation. Achieved client satisfaction and retention rates of over 90%. Implemented innovative training techniques resulting in increased client performance and progress. Collaborated with other trainers to create and lead fitness challenges for members.

- Designed and implemented a strength training program for a client, resulting in a 20% increase in muscle mass over 12 weeks.
- Led high-intensity interval training (HIIT) classes with up to 20 participants, consistently receiving positive feedback on class structure and energy.
- Collaborated with a nutritionist to develop a comprehensive wellness program, resulting in improved overall health and weight loss for clients.

### Group Fitness Instructor

2017 - 2022

#### FitFusion Studio

Los Angeles

Led a variety of group fitness classes, including spinning, Zumba, and boot camp, for clients of all fitness levels. Created engaging and challenging workouts that catered to participants' goals and abilities. Demonstrated proper exercise techniques and provided modifications for participants with injuries or limitations. Maintained a positive and motivating class environment.

- Developed and launched a new high-energy, dance-inspired cardio class, resulting in a 40% increase in class attendance within the first month.
- Managed a class schedule of 15 weekly sessions, ensuring consistent and reliable instruction for participants.
- Received excellent feedback from participants on class variety, energy, and ability to deliver an effective workout.