

Robert Smith

Fitness Professional

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SUMMARY

Seeks to obtain a professional position that will utilize leadership and motivational skills to build a career that will develop and inspire organizations to better performance.

SKILLS

ACE Certified, OSHA.

WORK EXPERIENCE

Fitness Professional

ABC Corporation - February 2015 - June 2015

- Explained exercise modifications and contraindicated movements to participants with a history of injury.
- Explained the use of exercise equipment to all participants, prioritizing safety at all times.
- Greeted all members in a professional and friendly manner.
- Developed safe and effective exercise programs for all members.
- Assessed individual progress and suggested appropriate changes.
- Coach fitness boot camp classes.
- Coach clients through small group personal training programs.

Fitness Professional

Delta Corporation - 2013 - 2015

- Lead daily core-exercise and myofascial release classes Assisted club members with their training programs Lead daily core-exercise and myofascial .
- Fitness consultations, fitness programs, train various clients with ailments, weight loss training, circuit training, athletic training.
- Fast start award Sold 1k in training first day on job.
- Averaged 5k in revenue each month.
- Am responsible for improving my clients overall health.
- And making sure they are logging their meals and hitting goals I make fitness enjoyable and achievable.
- Give weekly lectures on healthy living topics like metabolism, osteoporosis, posture, balance, nutrition basics, and stress management techniques.

EDUCATION

Bachelors Of Science In Business Administration - (University Of Nebraska At Omaha - Omaha, NE)