

JOHN DOE

PERSONAL TRAINER & FITNESS PROFESSIONAL

123 MAIN ST. CITY, STATE | 555-555-5555 | EMAIL@EMAIL.COM

PROFILE

A dedicated and dynamic personal trainer with an entrepreneurial flare. Committed to delivering clients with fun, interacting, and addictive training routines, personalized to their specific physical and personal needs. Continually seeking new knowledge and understanding of techniques to improve client experience.

TRAINING EXPERIENCE & QUALIFICATIONS

- ACSM Personal Training Certification
- ACSM Group Fitness Certification
- USAW Strength and Conditioning Coach
- Mad Dogg Spinning Instruction
- Fitness Trainer
- Exercise Physiologist Certification

EXPERTISE

- One-on-one training programs
- Group training: boot camp, spinning
- Nutrition education
- Fitness center management
- Exercise prescription, mobility, and health management
- Olympic weightlifting
- Sport-specific training

EDUCATION

Bachelor of Science, Exercise Science — University, City, State / 2009

CAREER HIGHLIGHTS

FOUNDER / EXERCISE INSTRUCTOR — PRIVATE FITNESS COMPANY / 2013 - PRESENT

- Built company on premise of gap in market for corporate fitness programs and in-the-home training opportunities
- Host group training classes in-home and in-businesses in local region
- Maintain the financial, physical, and administrative facets of a small business
- Generate business through self-promotion, marketing, and word-of-mouth

PERSONAL TRAINER — COUNTRY CLUB / 2012 – 2015

- Implement creative and fun programs for new and current clients
- Design group fitness activities to promote a better understanding of health and fitness across with both employees, other trainers, and members of the club
- Coordinated fun community and club events in the vein of fitness such as 5k races, I Love Fitness days, and family activities

PERSONAL TRAINER – FITNESS FACILITY, CITY, STATE / 2010 – 2012

- Educated clients through instruction, demonstration, and application of customized training routines in fitness club
- Cultivated an environment of trust and respect with clients through patience, attention to detail, and knowledge