



LUKAS PLITT

PERSONAL TRAINER

SUMMARY

Personal Trainer with 6+ years of experience looking for a job position in ambitious fitness club to realize a potential. 2-time winner men's physique and Mr. Olympia. Strong communication skills help me to grow a strength connection with every client.

EDUCATION

Ashland University

AAS in Personal Trainer, Class of 2014

- President of Ashland University Student Sport Organization
- Member of Ashland University Quidditch Team
- Member of Ashland University Baseball Sport Club
- Member of Ashland University Swimming & Diving Sport Club

American College of Sports Medicine (ACSM)

Graduated Class of 2010

NCCA Accredited Programs: Certified Personal Trainer (CPT)

CONTACT DETAILS

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123 Anywhere Street, Any City, State, Country
12345

EXPERIENCE

Personal Trainer

The Atlantic Club Manasquan | 2015 - Present

- Conducted service appointments with members which included body fat analysis, nutritional counseling, proper use of fitness equipment, proper form of exercises, etc
- Motivated and inspired clients to get results through goal setting
- Monitored participants to ensure safety and well being

Personal Trainer

Real Body Fit | 2010 - 2015

- Developed individualized exercise programs consistent with the members' personal fitness and exercise goals
- Provided hospitality to all members
- Helped maintain equipment and general studio cleanliness during and after class

SKILLS

- Self-promotion
- Passion and determination
- Knowledge of the industry
- Friendly personality
- Open minded
- Patience
- Ability to measure training effects over time
- Ability to monitor progress toward goals and adapt/adjust program

AWARDS & CERTIFICATIONS

- 1-st place on Mr. Olympia
- 1-st place on Men's physique
- 3-rd place on the 10th National Fitness Awards
- ACSM, ACE certifications

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