



JACOB MOO

PERSONAL TRAINER

I'm a professional personal trainer with 6+ years of experience across multiple health and fitness centers. I have a proven track record in helping clients achieve their fitness and strength goals through tailored exercise and dietary plan.

PERSONAL EXPERIENCE

20XX - 20XX
Personal Trainer, Max Fitness
Any City

Assist 80 customers /month
Gym equipment help
Various fitness class
instruction

20XX - 20XX
**Fitness Instructor, Super
Fitness Centre, Any City**

Taught Body Pump and
Combat Fitness classes
Instructed clients on
equipment usage

KEY SKILLS

Certified Group Exercise
Instructor
Team Leadership
First Aid and CPR (Level C)
Organization
Problem Solving

REFERENCES

Chris Ryan, Pump It Fitness
chrisryan@pumpitfitness.com
012-345-6789

Mel Cheng, Max Fitness
mcheng@maxfitness.com
012-345-6789