

# PERSONAL TRAINER

from Resume Genius

## contact

123 . 456 . 789



AmeliaRoberts@gmail.com



45 Winfield Dr., Charleston,  
SC 90764



Linkedin.com/in/username



## profile

Personal Trainer with 4+ years of health and wellness experience across multiple fitness centers. Possesses proven track record in helping clients achieve fitness goals through customized exercise programs and diet plans. Consistently improves fitness center revenue targets by developing new programs and retaining clients.

## education

B.S. HEALTH EDUCATION  
*Michigan State University*  
East Lansing, MI / 2014

A.A. SOCIAL SCIENCE  
*Michigan State University*  
East Lansing, MI / 2012

## key skills

First-Aid and CPR (Level C)



Certified ACE Group Exercise  
Instructor



Organization And Prioritization



Problem Solving



Team Leadership



## awards

BEST PERSONAL TRAINER / 2017  
*Planet Fitness*

## professional experience

### PERSONAL TRAINER

*Planet Fitness, Lansing, MI / 2016 - Present*

- Assist 80 customers per month, with a track record of helping 70% of clients reach fitness goals within the first 6 months
- Design personalized programs and nutritional plans for clients for optimal results
- Provide exceptional customer service, securing 40% of new clients through referrals
- Check all gym equipment for proper use and functions, minimizing accidents or malfunctions

### PERSONAL TRAINER

*Genesis Fitness Center, Lansing, MI / 2014 - 2016*

- Taught Body Combat fitness classes to over 30 students per class
- Instructed clients on proper equipment use, as well as exercises to do at home
- Exceeded revenue targets by 20% within 3 months
- Co-developed new fitness programs with management, with successful implementation that increased sales revenue by 34%