



# RUSSEL MATHEW

YOUR PERSONAL FITNESS TRAINER

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www.russelmatthew.com

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## Specialities

- ❑ Yoga
- ❑ Weight Loss
- ❑ Aerobics
- ❑ Swimming
- ❑ Nutrition
- ❑ Physocology
- ❑ Fitness

## Hobbies

- ❑ Photography
- ❑ Long Drives
- ❑ Swimming
- ❑ Coffee

## Languages

- ❑ English
- ❑ Spanish
- ❑ French
- ❑ German

456, Candid Lade,  
Super Building,  
Arizona. 76543  
+44 123456 7890

## Professional Work

(2018)

### Personal Trainer

College of london

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(2018)

### Trainer

College of london

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## Certifications & Education Background

### Certified Personal Instructor

College of london (2018)

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### Certified Personal Instructor

College of london (2018)

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## Additional Skills & Specialities

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## Perfections & Techniques

Body

Mind

Soul

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