

# **Fitness Trainer Resume**

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**Job Objective:** Qualified Fitness Trainer seeking position with dependable firm where I can boost my career and aid in growth of company.

## **Highlights of Qualifications:**

- Vast experience with managing pain
- Familiarity with basic human anatomy and physiology
- Wide knowledge of posture, core stabilization and exercise fundamentals
- Extensive knowledge of human behavior and performance
- Exceptional ability to implement structured program

## **Professional Experience:**

Fitness Trainer  
Planet Fitness, Clearwater, FL  
February 2009 - Present

- Executed sales and established contacts with health clubs and acute centers.
- Organized merchandise as per company standards.
- Assured safety and effective working of exercise areas and equipment.
- Maintained cleanliness in club as per established standards.
- Developed personalized fitness programs for clients.

Fitness Trainer  
Urban Active Fitness, Clearwater, FL  
September 2005 - January 2009

## **Education:**

Bachelor's Degree in Physical Education  
Binghamton University, Binghamton, NY