

Robert Smith

Fitness Trainer

CONTACT DETAILS

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PERSONAL STATEMENT

To gain employment in an established company which enables to help people by enriching their quality of life and improve overall life satisfaction while utilizing passion for fitness and health.

WORK EXPERIENCE

Fitness Trainer

ABC Corporation - June 2014 - December 2015

Responsibilities:

- Conducted the Planet Fitness Physical Education at PF program, which included creating and following the PF class schedule.
- Created health and life improvement programs designed specifically for each clients needs and goals.
- Clients of all ages and health backgrounds.
- Instructed clients off on how to properly and safely use the equipment.
- Instructed clients on proper nutrition resources.
- Updated and created programs consisting of a variety of exercises weekly.
- Responded to member questions and concerns in a timely and professional manner.

Fitness Trainer

ABC Corporation - 2012 - 2014

Responsibilities:

- Designed workout plans for over 10 clients resulting in improved strength, stamina and overall health.
- Instructed and demonstrated various exercise tips and weight training techniques, designed to build a more muscular physique.
- Clients noticed fast results utilizing my workout plans and nutritional advice.
- While demonstrating excellent form during weight training clients progression was always at its peak.
- Motivation along with enthusiasm was a daily occurrence.
- Skills Used Social skills, listening skills, and a few leadership traits such as dependability, decisiveness, and dedication were executed in support of a healthier lifestyle.
- Ability to motivate, and bring out peoples competitive drive.

Education

SKILLS

Forklift Operator, order selector, Sales, phone skills, Supervisory Skills.

LANGUAGES

English (Native)
French (Professional)
Spanish (Professional)

INTERESTS

Climbing
Snowboarding
Cooking
Reading

REFERENCES

Reference - 1 (Company Name)
Reference - 2 (Company Name)