Robert Smith

Fitness Coach/Trainer

CONTACT DETAILS

1737 Marshville Road, Alabama
(123)-456-7899
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www.qwikresume.com

PERSONAL STATEMENT

Over 10+ years of proven leadership and experience in the military and private sector. Accomplished measurable results in personnel and project management in various fields including aviation electronics technician, piloting rotary aircraft, oilfield operations, and coaching in the health and fitness industry. Conducted global operations in support of Operations Enduring and Iraqi Freedom.

WORK EXPERIENCE

Fitness Coach/Trainer

Revolution Fitness Club -   December 2015 – 2019

Responsibilities:

- Creates and implements weekly workouts to improve overall fitness and prevent injury.
- Motivates and instructs clients in order to help them reach their goals.
- Records clients metrics to demonstrate progress.
- Make constant adjustments to each specific clients program to ensure they continue to reach their goals.
- Provides nutritional, fitness, and wellness related advice.
- Provides incomparable customer assistance and presents an impeccable work environment.
- Assists in Sales for the company by conducting sales consultations with 80% conversion rate.

Fitness Coach

Rocketta Fitness -   2013 – 2015

Responsibilities:

- As a fitness coach for the company that sells P90X and Insanity I help others to a healthier way of living.
- By motivating them, supporting them, and inspiring them.
- Have created my own online fitness business offering a plethora of help, products, motivation and support.
- Website maintainer and designer.
- Ensure website is up to date and current with promotions and products.
- Keep track of cliental and their goals.
- Use several social.

Education

Psychology - August 2008(Elizabeth City State University - Elizabeth City, NC)

SKILLS

Health insurance plans, Nursing background, Medical terminology.

LANGUAGES

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

INTERESTS

Climbing
Snowboarding
Cooking
Reading

REFERENCES

Reference – 1 (Company Name)
Reference – 2 (Company Name)