

# **ROBERT SMITH**

## **Jr. Personal Fitness Trainer**

**E-mail:** info@qwikresume.com

**Phone:** (0123)-456-789

### **SUMMARY**

To obtain a challenging Maintenance Support position in the Defense Aerospace Industry that will enable to apply technical training and expertise as an specialist in a dynamic team oriented environment.

### **SKILLS**

Microsoft office, Power point, Spreed sheet, Leadership, Customer service.

### **WORK EXPERIENCE**

#### **Jr. Personal Fitness Trainer**

ABC Corporation - November 2011 – May 2012

- Ensures proper use of exercise equipment through demonstration and training sessions.
- Develops, demonstrates, and monitors individual workout routines.
- Maintains exercise equipment, providing daily reports to management of the condition of all facility equipment.
- Development and implementation of exercise programs with individual clients Performing Physical Assessments Goal Monitoring/Tracking Client Scheduling Researching to meet specific needs of clientele due to health restrictions or injury.
- Certificate of Strength and conditioning coaching from the Olympic Academy of the Islamic Republic of Iran.
- Assist clients with their personal fitness goals Follow up with new members on completing a one-on-one fitness consultation.
- Provided Personal Fitness Training services for well know resorts fitness facility.

#### **Personal Fitness Trainer**

W.I.T.S. - 2010 – 2011

- Develop personable relationship with clientele.
- Guide, mentor, and provides knowledge and skill for clientele.
- Demonstrate proper technique and use of equipment safely.
- Propose and conducts fitness consultations.
- Upbeat, positive, confidence, and motivational character.
- Excellent customer services and business skill.
- General upkeep and cleanliness are conducted on a day to day basis..

### **SCHOLASTICS**

- associates in Education - October 2010(Community College Of The Air Force - Sheppard AFB, TX)