

# Robert Smith

## *Fitness Coach II*

### **CONTACT DETAILS**

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### **PERSONAL STATEMENT**

Motivated Fitness Instructor accomplished in helping clients at all fitness levels get into the best shape of their lives. Strongly believes health is a conscious lifestyle choice necessary for longevity and happiness.

### **WORK EXPERIENCE**

#### ***Fitness Coach II***

**ABC Corporation - December 2013 - July 2014**

##### *Responsibilities:*

- Assessing clients overall health, lifestyle, profession, and pre existing conditions, in order to design customized programs to help them achieve optimal health.
- Proven sales performance in new client generation and high long term client retention.
- Maintains efficient time management skills related to personal business goals.
- Responsible for tracking client progress and performing follow up assessments.
- Able to work with a wide range of clientele needs from weight loss, to rehabilitation, to sports conditioning training.
- High success rate in teaching and motivating clients to manage and maintain desired fitness goals.
- Volunteer work with Camp Mariah Fresh Air Fund teaching group classes to adolescents.

#### ***Fitness Coach***

**Orange Theory Fitness - 2009 - 2013**

##### *Responsibilities:*

- Design creative and functional workouts for group classes.
- Coach large group classes in a fast-paced and dynamic environment.
- Instruct members on proper technique and form.
- I have been coaching at OTF for two years (Coral Springs South, Parkland, Coconut Creek locations).
- Was a part of the first team of coaches at Coral Springs South and Coconut Creek during the opening stages of the new studios and believe my impact as a coach, as well as our team of coaches, helped develop those studios into the growth and success that they still experience today.
- Skills Used My knowledge of strength and conditioning, as well as my background in psychology is put to use every day at OTF.
- From correcting a members form in the weightroom to discussing goals and concerns after class, my extensive education and background in fitness and wellness plays a pivotal role in my success as a coach.

### **SKILLS**

CPR Certified, Microsoft Office, Excel, PowerPoint.

### **LANGUAGES**

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

### **INTERESTS**

Climbing  
Snowboarding  
Cooking  
Reading

### **REFERENCES**

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