

# Personal Trainer Resume Sample

(xxx)-xxx-xxxx | your@email.com | 123 Your Address, City, State, Zip Code

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## RESUME PROFILE

- ACE certified personal trainer with 11+ years of experience working with clients at gyms and fitness centers
- Corrective Exercise Specialist with NASM certification, having worked with hundreds of clients on optimizing posture, joint movement, and breathing techniques
- CPR certified, competent using multiple types of client scheduling software & applications, comfortable teaching group classes as well as private clients
- Highest client retention rate (85%) during my three years at Eagle Fitness, where I consistently helped the gym exceed its financial targets every month on the job

## PROFESSIONAL EXPERIENCE

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EAGLE FITNESS, Sacramento, CA

September 2013 - Present

*Personal Trainer & Health Coach*

- Work with 15 private clients per week
- Teach 7 group classes per week, ranging from spinning to corrective exercise lessons
- Help the gym's most senior clients reach fitness goals, with 80% reaching their goal by the second month
- Implemented scheduling software that helped increase our client base by 20%
- Awarded trainer of the month five times during my three years tenure

FITNESS EVOLUTION, Fresno, CA

September 2005 – August 2013

*Personal Trainer*

- Taught over 200 different clients, from high school football players to 85 year-old great grandmothers—customizing a unique program for each individual
- Had the largest client pool at Fitness Evolution from 2011 to 2013, making up 35% of the gym's private clients
- Started the gym's first corrective exercise class, which has since expanded to a three-times-a-week rotation
- Taught other trainers the fundamentals of corrective exercise

## EDUCATION

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Bachelor of Science in Physical Education, FRESNO STATE UNIVERSITY, Fresno, CA, Aug. 2005  
Graduated Cum Laude | President of the CrossFit Club

## ADDITIONAL SKILLS

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- Motivational speaker training
- Extensive knowledge of nutrition & its intimate connection to exercise
- Bilingual in Spanish and English