

# Robert Smith

## Fitness Specialist III

### PERSONAL STATEMENT

Extensive experience in the wellness and fitness industry and sales, I would be a great asset to any company seeking a sales representative in health and wellness industries. Currently an independent fitness business owner and have successfully marketed individual and corporate fitness programs.

### WORK EXPERIENCE

#### **Fitness Specialist III**

Centaur Wellness - January 2003 - 2019

Responsibilities:

- Facilitate corporate and individual fitness programs.
- Train staff on fitness industry updates and coaches personal trainers on professional conduct.
- Provide consultation to corporations on the set-up of superior, cutting edge fitness facilities.
- Counsel clients on proper nutrition and exercise habits.
- Provide clients and groups of all ages through personal workout, strength and conditioning, and speed and agility training.
- Established a long-term cooperative fitness contract with national company Effectively marketed fitness services Demonstrated extensive knowledge of fitness and wellness equipment and products Provided flexible scheduling for clients.
- Built a wellness culture in company Skills Used Superior communication skills Enthusiastic and energetic Savvy negotiating.

#### **Fitness Specialist**

ABC Corporation - 1999 - 2003

Responsibilities:

- Maintain client profile with workout history, progress in measurements, account balance.
- Maintain cleanliness of gym and maintain equipment.
- Maintain client/member relationships.
- Maintained and applied safety and occupational health laws, regulations, principles, theories, practices, and/or procedure.
- Maintain client health history files and exercise progressions.
- Analyze session with client to solve and pinpoint performance issues and opportunities to correct.
- Attend bimonthly business meetings to discuss business progression and trouble areas for self and location..

### Education

Post Graduate Studies in Exercise Physiology - 1980(Lamar University - Beaumont, TX)

### **CONTACT DETAILS**

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[www.qwikresume.com](http://www.qwikresume.com)

### **SKILLS**

Word, Email, Social Media.

### **LANGUAGES**

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

### **INTERESTS**

Climbing  
Snowboarding  
Cooking  
Reading

### **REFERENCES**

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