

DAVID WARREN

Personal Trainer

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Date of birth **1995/20/03** Place of birth **New York**
Nationality **USA** Driving license **Full**

PROFILE

High energy Personal Trainer with 8 years experience in personal and group fitness. Proven track record in motivating clients to safely achieve weight loss goals through detailed and effective diet plans. Certified ACE Instructor with CPR training and a talent for developing fitness programs that exceed revenue targets and increase memberships.

EDUCATION

- ❖ **Syracuse University**
Bachelor's Degree in Kinesiology
- ❖ Nov 2007
Certification in First Aid and CPR
- ❖ Jan 2008
ACE Certified Personal Trainer
- ❖ Mar 2008
ACE Certified Group Fitness Instructor

EXPERIENCE

- ❖ **Personal Trainer, Blink Fitness** Mar 2016 – Present
New York
Blink Fitness is an inclusive fitness brand with state-of-the-art gyms in more than 90 locations across the US. As the Personal Trainer, my core activities include:
 - Preparing comprehensive diet plans based on clients' weight and health goals.
 - Assisting with marketing efforts to retain existing clients.
 - Leading fitness groups of 10-20 clients three times per week.
 - Developing new fitness workshops. Increased new memberships by 32% by end of 2017.
 - Tracking client progress using specialized software to generate accurate reports.
- ❖ **Personal Trainer, Astor Place** Apr 2011 – Feb 2016
New York
NYSC Flagship Astor Place is a high-end health club in New York. As the Personal Trainer, my core activities included:
 - Designing and implementing tailored fitness programs for upscale clients.
 - Training 70 clients per month where 85% reached their fitness goals within six weeks.
 - Advising individual clients on health, nutrition, and lifestyle changes.
 - Providing clients with safe and effective exercises they can perform at home.
 - Demonstrating exercises for all clients to ensure proper technique.

- ❖ **Personal Fitness Trainer, Crunch Fitness** May 2008 – Feb 2011
New York
Crunch is a health club chain that leads the industry in fusing fitness and entertainment. As the Personal Trainer, my core activities included:
 - Designing one-on-one nutritional plans for clients. More than 87% achieved their weight loss goals.
 - Introducing new gym members to personal training packages and conducting tours of the health club.