

ANDREW PINE

EXPERT

ABOUT

I am a licensed health and fitness expert specializing in creating exercise programs to fit each client's individual strengths and needs. With energy and determination, I effectively push my clients to achieve their fitness goals.

CONTACT

+82 4719 1840
hello@andrewpine.com
@andrewtweets

EXPERIENCE

FITNESS TRAINER | NEWCASTLE FITNESS GYM | FEB 2013 - PRESENT

- Devised workout programs for clients of different ages and fitness requirements
- Assisted staff in organizing class workouts and group activities
- Administer fitness assessments and treadmill tests to advise feasible fitness goals

NUTRITION ADVISER | WEST BAY MEDICAL CLINIC | SEPT 2012 - JAN 2013

- Devised workout programs for clients of different ages and fitness requirements
- Assisted staff in organizing class workouts and group activities
- Administer fitness assessments and treadmill tests to advise feasible fitness goals

QUALIFICATIONS

2014	CERTIFIED PERSONAL TRAINER FITNESS INSTITUTE OF NEWCASTLE
2013	CPR AND FIRST AID CERTIFICATION INSTITUTE OF HEALTH AND WELLNESS
2012	TEACHER'S LICENSURE EXAMINATION

SKILLS

- WEIGHT TRAINING
- NUTRITION ADVICE
- NUTRITIONAL PLANNING
- FITNESS PROGRAMS
- INDIVIDUAL ASSESSMENT

AWARDS

BEST FITNESS TRAINER, 2017
NEWCASTLE FITNESS GYM

EDUCATION

UNIVERSITY OF GLASGOW, 2017
BACHELOR OF ARTS,
MAJOR IN EDUCATION