

Steven Bunde

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352-672-0607

Seeking a position as a strength and conditioning coach, personal trainer, or wellness coordinator in the field of exercise science.

Authorized to work in the US for any employer

Work Experience

Head Fitness Trainer

Orangetheory Fitness - Naples, FL

June 2020 to Present

At this location I am in charge of leading hour-long group fitness classes. These classes include treadmill, rowing, and weight floor components. This is a heart rate based interval training program with the goal of promoting cardiovascular function. I provide a professional, fun, and encouraging environment for the general population to achieve their fitness goals. A year after my employment began, I was promoted to head coach in charge of maintaining the equipment of the facility, setting employee schedules, and handling member feedback.

Strength and Conditioning Coach

D1 Training - Naples, FL

June 2022 to December 2022

At this facility I was tasked with designing and implementing strength and conditioning programs for athletes and adult clients to meet their specific sport and personal goals. The components of these programs included a dynamic warm-up, a plyometric block, a strength block, and a core and conditioning block to finish the hour.

Personal Trainer

Kensington Country Club - Naples, FL

November 2020 to August 2022

The Kensington Country Club is a housing community in Naples, Florida. My job at this facility is to work one-on-one with clients that come into the fitness center. I develop programs that help them achieve their health and wellness goals. The majority of these clients are above 50 years of age, giving me the opportunity to use regressions in a hands-on approach to provide an effective but safe workout.

Strength and Conditioning Specialist

Parkview Sports Medicine - Fort Wayne, IN

October 2019 to June 2020

When I started at this facility I was a performance assistant, and got promoted to performance specialist within two months of my employment. At this site we train over 800 athletes ranging from ages 8-25. Training multiple teams per day, I take the athletes through running warm-ups, speed/agility, plyometrics, and their strength training programs. I operate out of three different facilities (Parkview Fieldhouse, Empowered Sports Club, and Ball Sports Academy), as well as travel to local high school and

colleges to train their teams. Working under Scott Charland, a renowned collegiate strength coach, I have gained a wealth of knowledge in the art of strength and conditioning.

Personal Trainer

Fitness Together - Naples, FL

May 2018 to June 2019

At this facility I was a full time personal trainer working one-on-one with my clients. In the one year span at this site I conducted approximately 1,700 training sessions, totaling 1,266 hours of training. The majority of these clients aged between 55-90 years old. I was tasked with creating an individualized training program based around each client's specific goals and health concerns. Working under a Physical Therapist gave me a wealth of knowledge on how to safely train a more physically limited population.

Florida Southwestern College Internship

Fort Myers, FL

January 2018 to May 2018

At this site I obtained over 500 hours of hands on training with collegiate athletes (men's/women's basketball, baseball, and softball). I also worked in the rehabilitation of athletes, addressing pain and tightness. I obtained a wealth of knowledge in creating workout programs and implementing them into college athlete's schedules. Before leaving this site, I was tasked with creating the entire next year's incoming basketball summer workout program with instructional videos explaining how to perform each exercise safely and correctly.

Hertz Arena Internship (Formerly Gemain Arena)

Fort Myers, FL

August 2017 to December 2017

At this facility I was tasked with overseeing the training of athletes who worked out at the site. The majority of these athletes were hockey players ranging from the ages of 5-35. I also worked extensively with the site's semi-professional hockey team, the Florida Everblades. During their season I oversaw their workout routines and assisted with their in-season performance evaluations.

Education

Bachelor's in Exercise Science

Florida Gulf Coast University - Fort Myers, FL

August 2014 to May 2018

Skills

- Group Fitness
- Personal Training
- Sports Coaching
- Strength and Conditioning

Certifications and Licenses

CPR/AED

September 2021 to September 2023

AHA Certification

NSCA Certified Strength and Conditioning Specialist

December 2019 to December 2023