Mandy Campbell

Bootcamp Instructor

Los Angeles

3868683442

Passionate, entry-level Bootcamp Instructor with experience in freelancing assisting clients to reach tough fitness goals. Assisted one client to decrease chronic A1C blood sugar levels from 230 mg/dl to 110 mg/dl. Assisted another client in designing a routine to decrease body mass into healthy ranges over eight months.

PERSONAL INFORMATION

Address: 1515 Pacific Ave, Los Angeles, CA 90291

Nationality:

0725287366

English

Driving License: Full

Hobbies: Skiing, Hockey, Knitting

SOCIAL PROFILES

\* LinkedIn: https://www.linkedin.com/

\* Pinterest: https://www.pinterest.es/resumeviking/

\* Resume Templates: https://www.resumeviking.com/templates/

\* Build this template: https://resume.io/?id=cpdokyF1

LANGUAGES

★★★★★ English

★★★☆☆ Spanish

SKILLS

★★★★★ Cardio Training

★★★★★ Fitness Routines

★★★★★ HIIT

★★★★★ Client Assessments

★★★★★ Health & Safety

WORK EXPERIENCE

\* January 2019 – July 2021

machine learning

Certified Bootcamp Instructor at Dominist Fitness, Datteln

Ran daily tasks, staffing, and marketing for the group fitness programming. Upheld an active rapport with members and improved group-class utilization by 18% by redesigning class schedules, approximating annual program budgets, analyzing and reporting program statistics.

Johnathan Martins

Instructor and sales associate in a fast-paced fitness business environment.

Performed personalized fitness assessments for clients. Received letters of thanks from 50+ happy clients after surpassing their fitness goals.

Exceeded sales goals by 29% average per quarter due to creating incredibly positive interactions with clients, producing active word-of-mouth.

Used active listening skills to design personalized routines for clients.

\* July 2021 – July 2021

Bootcamp Instructor at Curves Gym, Ponta Porã

python

Gave new gym members a comprehensive outline of the equipment, going over safety and advantages of a wide array of exercises.

Trained individual clients, helping them to achieve their fitness goals with a combination of healthy exercise, lifestyle choices, and nutrition.

Created and led strength and conditioning classes every week for up to 20 members, highlighting high-intensity training and education.

Designed and instructed stimulating group cycling workouts based on the five heart rate zones.

EDUCATION

\* July 2021 – Present

Concordia University, Concordia Bachelor's Degree in Exercise Science

Surpassing expectations in Personal Training coursework.

CrossFit Level 1 Instructor. Coach’s Prep Certified.

\* January 2020 – July 2021

National CPR Foundation, Miami Advanced First Aid Diploma

\* January 2018 – December 2018

Barlow High School, Tennessee High School Diploma

Varsity track athlete.

Leader of the varsity cycling club

ACCOMPLISHMENTS

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Headed group exercise classes in HIIT training, outdoor fitness, and boot camp that increased participation class numbers by over 110%.

Managed and trained more than 140 clients for the "Stair Climb for Los Angeles" Event. 100% of those clients competed in the challenge.

Developed, implemented, and supervised more than four training programs, profiles and results for over 70 clients.

Took advantage of social media platforms like Instagram, recruiting five new clients weekly over six months.

Developed three advanced circuit-style programs, integrating variations for all levels of fitness.