

RYAN FERGUSON

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SKILLS PROFILE

- Experienced in leading group fitness classes
- Extensive fitness related background
- Able to work both individually and in groups, as well as with any age range
- Excellent customer service skills

Fitness Together – Personal Trainer

Edina, MN

2016 — 2017

- Trained clients through specific needs based workouts
- Tacked progress for strength, endurance, and flexibility every 8 weeks
- Lead high intensity group classes with a variety of clients

Xperience Fitness - Personal Trainer

2014- 2015

Vadnais Heights, MN

- Worked with clients to achieve various goals including: weight loss, muscle building, strength building, athletic performance
- Educated clients on healthy nutrition as well as the practice of healthy lifestyle changes
- Maintained organization of client files and general upkeep of the facility's cleanliness

LA Fitness-Master Trainer

2015-2016

New Brighton, MN

- Managed a variety of clients on customized workout plans
- Recorded monthly body composition statistics
- Discussed healthy lifestyle behavior changes needed to reach health and fitness goals

Woodbury Strength and Conditioning Internship

2013

Woodbury, MN

- Lead all students through conditioning workouts, as well as teaching proper technique for their exercises
- Trained both athletes for their sport as well as non-athletes for general health and exercise knowledge
- Educated athletes on sports nutrition and supplementation

ACHIEVEMENTS

- ACSM Certified Personal Trainer, 2014
- B.S. Health and Human Performance- Exercise and Sport Science, University of Wisconsin-River Falls, 2014