

Eduardo Enrique Monje  
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#### EDUCATION:

Ingraham High School, Seattle, WA	2011-2013
<ul style="list-style-type: none"><li>• Graduated 2013</li><li>• General Education curriculum</li></ul>	
Bellevue College, Bellevue, WA	2020-present
<ul style="list-style-type: none"><li>• Currently taking prerequisites for Associate Degree</li></ul>	

#### SKILLS:

- More than 1-year experience in GNC service
- Fluent in Spanish (both written and spoken)
- Proficient in Microsoft Office (Word, Excel, PowerPoint, and Outlook)
- Possess a keen attention to detail, superb analytic skills, a strong work ethic, and is able to see complicated tasks to completion
- Self-motivated and confident in making independent decisions
- Highly organized and able to meet deadlines

#### PROFESSIONAL EXPERIENCE:

Personal Trainer	
24 Hour Fitness, Seattle, WA	2014 -present
<ul style="list-style-type: none"><li>- 5 years of experience</li><li>- Certified NCSF, 2000-present</li><li>- Specialty in strength and conditioning</li><li>- Worked with older population</li><li>- Specialty in mobility and rehabilitation exercise</li><li>- Have served over 4000 sessions</li><li>- Specialty in corrective exercise to fully develop strong form in squats and deadlifts</li></ul>	

#### BODYBUILDING SHOWS AND CONTEST PREP

- Have done over 5 BB contest prep
- Have fully understanding in nutrition to assign diets
- Have helped clients to get ready for contest prep shows

#### HOBBIES AND GOALS:

- I have a passion for Bodybuilding. I enjoy training every day and helping people giving them advice in how to improve their personal fitness goals. Also, I am very friendly and hard worker person.
- I'm looking for a job that gets me closer to fitness, I am a natural competitor in physique, have knowledge of weight training in bodybuilding which has help me to achieve my fitness goals. And want to keep studying to develop my knowledge in nutrition as well.
- I am certified by the NCSF, and (CPR, AED) as well. Finally would love to work in a gym with people making their dreams reality as achieving their goals.