

Samuel Bishop

Physical Trainer

OSHA certified professional with a passion to encourage others to maintain a safety-first culture to increase workplace efficiency. Forklift Experience. Welding Trainee. AED and CPR certified. Fitness Certification from ISSA. Possesses ability to handle multiple projects in a fast-paced environment.

Academic History

Wayland Baptist University

Sports Management, 2010 - 2014

- Football | cheer team scholarship athlete

Texas Tech University

College of Agricultural Science, EGD TBD

- Bachelor of Animal Science in Equine Science

Work Experience

Physical Trainer

F45 Personal Health Developer | Oct 21 - Feb 23

- Develop and teach one-on-one physical activities to facilitate weight loss and build muscle
- Manage customer accounts and schedule
- weekly training
- Create good experience members and close membership sign up

Heavy machinist operator

Accurate Metal stamping | Aug 20 - Oct 21

- Haas machine operator use different designed programs to mill products for different companies
- Drill Press operator countersink, and screw tap metal

Fitness Coach

Orange Theory Fitness | Jun 19 - Jul 20

- Demonstrated proper and safe use of training equipment to minimize safety hazards and help each person achieve the best results
- Accommodate all levels of fitness with adjustable routines and modified exercises
- Delivered fitness experiences to support customers' efforts to meet short and long-term fitness goals

Community Involvement

- Youth Corp
- Texas South Plains Honor Flight
- Full Armor Ministries Youth Group
- Forgotten West Riders: Community Youth Empowerment
- Collection Volunteer, Toys for Tots
- BSA Youth Leader

Contact

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