

Ran Zhang

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Education

B.Sc. Kinesiology, McGill University	2009-2013
Health Science Program, (DEC obtained), College André-Grasset	2006-2008
Language proficiencies: Fluent in French and English, Intermediate in Mandarin	

Certifications

- CrossFit Level 1 (CF-L1) Certified (2013)
- First aid/CPR/AED (2012)
- CSEP – CPT (2013)
- TRX Suspension Training Course (L1) (2012)
- Agatsu Kettlebell Certification (2012)
- FMS Certified (2012)
- Certified Personal Trainer by Ataraxia (2011)

Career Related Experience

Sports Director, McGill Chinese Students' Society (MCSS)	2013-Present
Promote health and fitness through various promotions and events	
Help organize various events and ensure proper executions	
Personal Trainer/Fitness consultant, TrainWithRan	2012-Present
Design individualized training programs based on client's need	
Train clients using different training techniques	
Assess client's habits and lifestyle choices, and then recommend healthier choices through exercise and nutritional changes	
Fitness Center Attendant, McGill Fitness Center	2012-Present
Monitor around fitness center making sure everything is clean and running smoothly	
Answer questions regarding the machines and guide members through different exercises	
Personal Trainer, Energie Cardio	2011-2012
Evaluated and created a training program for new clients based on their needs	
Sold private training packages to new clients	
Provided personal training to clients and incorporated different techniques and exercises	
Student Assistant, McGill University	Summer 2012
Helped the speed, agility and power coach run agility and cardiovascular drills with McGill varsity athletes	
Customer service representative, Nordia-Bell ExpressVu	2008
Incoming calls: answered clients' inquiries about billing and services	
Informed client about current promotions and sell Bell's services	

Athletic Accomplishments

Dragon boat National Championship (men and mixed U23)	2012
Club Crew World Championship (bronze mixed U23, bronze men U23)	2012
Captain and player of McGill intramural volleyball and ultimate team	2009-2012
Track and field, indoor shot put champion (2004)	2003-2004, 2011
Played defensive lineman. Champion bol d'or division A (2005)	2004-2009