

Lukas Plitt

Personal Information

Address: 123 Anywhere Street, City,
State, Country, 12345

Mobile Phone: 123-456-7890

Email: helloresumes@bot.com

Home Phone: 123-456-7890

Website: www.resumesbot.com

Professional Summary

Personal Trainer with 6 years of experience seeking a position at an ambitious fitness club to realize my potential. Strong communication skills to help grow strength and connection with every client.

Work Experience

Personal Trainer, Atlantic Club, Manasquan

2015 - Present

- Conducted service appointments for members, including body fat analysis, nutritional counseling, proper use of fitness equipment, and proper form for exercises.
- Motivated and inspired clients to achieve results through goal setting.
- Monitored participants to ensure safety and well-being.
- Commanded a high salary for services, significantly above the industry average.

Personal Trainer, Real Body Fit

2010 - 2015

- Developed individualized exercise programs consistent with members' personal fitness and exercise goals.
- Provided hospitality to members and helped maintain equipment and general studio cleanliness.

Education

Ashland University

AAS Personal Trainer, Class of 2014

- President, Ashland University Student Sport Organization
- Member, Ashland University Quidditch Team
- Member, Ashland University Baseball Sport Club
- Member, Ashland University Swimming & Diving Sport Club

American College of Sports Medicine (ACSM)

Certified Personal Trainer (CPT), Graduated Class of 2010

- NCCA Accredited Programs

Skills

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|-----------------------------|--|
| ▪ Self-promotion | ▪ Open-mindedness |
| ▪ Passion and determination | ▪ Patience |
| ▪ Knowledge of the industry | ▪ Ability to measure training effects over time |
| ▪ Friendly personality | ▪ Ability to monitor progress toward goals and adapt/adjust programs |

Achievements and Awards

- 3rd Place, 10th National Fitness Awards

- ACSM and ACE Certifications

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