

Jessica Claire Montgomery

Professional Summary

Passionate personal fitness trainer adept at making workouts fun and rewarding. Expertise in instructing clients on proper lifting techniques and educating them on proper nutrition and hydration needs. Experienced in providing instruction in one-on-one sessions, buddy sessions, and group training classes. IFBB Pro Bodybuilder with competition prep experience. Certified personal trainer with 18 years of experience guiding diverse clients to successfully achieve health and wellness goals. Results-oriented and adaptable with a passion for designing training and nutrition plans to maximize performance, improve endurance, and increase overall well-being.

Work Experience

Certified Personal Trainer, YMCA Greater Boston Inc, Charlestown

January 2011 - Current

Designed specific workout systems for individual clients based on performance and ability

Designed and executed individual and small group exercise and fitness programs and regimens

Created inspirational physical training initiatives to foster healthy lifestyle decisions

Supplied clients with dietary restrictions and guidelines

Educated club members on the relationship between nutrition and fitness

Built customer loyalty by executing effective training initiatives

Organized files and created a new system for personal fitness plans, records, and contracts

Provided clients with safe and reasonable exercises to perform at home or in the gym

Trained clients in strength training, cardiovascular exercise, and stretching

Grew customer base through word-of-mouth referrals based on customer satisfaction and results

Published articles on fitness and nutrition in professional journals

Certified Personal Trainer, YMCA Greater Boston Inc, Wakefield

November 2015 - April 2018

Promoted a safe and interactive environment for club clients and members

Served as a point of reference for fitness expertise within the club

Informed clients about nutrition, lifestyle issues, and weight control

Motivated clients to achieve personal fitness goals by developing and modifying routines

Educated clients on effective ways to exercise during business travel, at home, or on vacation

Scheduled and conducted fitness orientation appointments for new members

Assessed individual progress and suggested appropriate changes

Maintained detailed personal training records and updated progress after each session

Created personal training programs that addressed specific injuries and health problems

Assisted clients in finding new ways to inspire healthier habits

Provided exceptional customer service to obtain new clients and referrals

Designed enjoyable and innovative customized training programs based on fitness goals

Developed challenging and effective workouts to meet specific customer needs

Certified Personal Trainer, YMCA Greater Boston Inc, Boston

February 2015 - November 2015

Promoted a safe and interactive environment for club clients and members

Monitored proper execution and form of clients, adjusting positions to improve results and safety

Served as a point of reference for fitness expertise within the club

Informed clients about nutrition, lifestyle issues, and weight control

Motivated clients to achieve personal fitness goals by developing and modifying routines

Educated clients on effective ways to exercise during business travel, at home, or on vacation

Instructed gym members on the correct use of weight resistance and cardiovascular equipment

Worked directly with management, owners, and the sales department to brainstorm and discuss strategies to mitigate customer issues

Conducted fitness orientation programs for new members

Designed and implemented athletic training, rehabilitation, and reconditioning programs

Certified Personal Trainer, Gold's Gym / EOS Fitness

February 2011 - February 2015

Cultivated positive relationships with participants by interacting in group fitness classes

Promoted a safe and interactive environment for club clients and members

Maintained cleanliness of the group fitness room, mirrors, floor, and fitness equipment

Served as a point of reference for fitness expertise within the club

Informed clients about nutrition, lifestyle issues, and weight control

Motivated clients to achieve personal fitness goals by developing and modifying routines

Instructed gym members on the correct use of weight resistance and cardiovascular equipment

Educated clients on effective ways to exercise during business travel, at home, or on vacation

Conducted 2 staff meetings and trainings per month

Scheduled and conducted fitness orientation appointments for new members

Assessed individual progress and suggested appropriate changes

Assisted clients in finding new ways to inspire healthier habits

Conducted fitness orientation programs for new members

Worked across disciplines to ensure a cohesive and comprehensive approach to care

Supported the implementation of patient health plans, including nutritional wellness and weight loss programs

Personalized fitness and exercise programs

Contact Information

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Skills

Passion for fitness

Safety compliance

NCCPT certification

Weight management

Healthy living role model

CPR/AED certification

Education

NCCPT, CA - Certified Personal Trainer, *2012*

Health Science Academy - Sports Nutrition Advisor, *2013*

DotFit - Certified Trainer, *2014*

DeVry University, Phoenix, AZ - Electrical Engineering

Oakland Community College, Royal Oak, MI - Business Administration and Management

Computer Learning Centers Inc, Madison Heights, MI - MCSA Tech

Achievements

IFBB Pro Bodybuilder, *2017*

Led successful week-long boot camps consisting of 10-18 team members

Transitioned private training sessions using a bootcamp addendum custom-designed program

Featured in local news articles for innovative fitness programs

Served as a judge for national fitness competitions

Commanded a high salary as a personal trainer, significantly above the industry average