

## Professional Summary

Results-driven Health & Fitness expert with 10+ years of experience in Personal Training, Strength Training, and Nutrition. Proven track record of transforming lives through tailored fitness programs. Currently leading as a Senior Fitness Director at Inazuma.co, overseeing a team of trainers and managing a popular YouTube channel with a strong focus on holistic wellness.

## Professional Experience

### Senior Fitness Director (HF09)

Inazuma.co | January 2020 - Present

### Fitness Program Manager

FitZone Inc. | June 2018 - December 2019

#### **Key Achievements:**

- Increased client retention by 30% through personalized fitness plans
- Developed and implemented a new group training program, resulting in a 25% increase in sales

#### **Responsibilities:**

- Managed a team of 5 personal trainers
- Conducted fitness assessments and created customized workout plans

### Senior Personal Trainer

Wellness Center LLC | January 2015 - May 2018

#### **Key Achievements:**

- Achieved a client satisfaction rate of 95% through effective goal setting and progress tracking
- Collaborated with nutritionists to offer holistic wellness packages, leading to a 20% increase in referrals

#### **Responsibilities:**

- Trained clients of all fitness levels, from beginners to athletes
- Conducted workshops on strength training and nutrition

### Personal Trainer

GymX | June 2012 - December 2014

#### **Key Achievements:**

- Successfully trained clients for marathons and bodybuilding competitions
- Assisted in the development of a new gym program for seniors, resulting in a 15% increase in membership

#### **Responsibilities:**

- Created and implemented personalized fitness plans
- Led group fitness classes

## **Education**

### **Bachelor of Science in Exercise Science**

University of California, Los Angeles (UCLA) | May 2012

## **Technical Skills**

#### **Fitness & Training:**

- Personal Training
- Strength Training
- Group Fitness Instruction
- Fitness Program Development

#### **Nutrition & Wellness:**

- Nutrition Planning
- Wellness Coaching
- Holistic Health Practices

#### **Digital & Communication:**

- YouTube Content Creation
- Social Media Marketing
- Client Communication & Relations