

Benjamin Gerner

PROFILE

I'm a personal trainer who specializes in CrossFit and Tai Chi. I am proficient at coding in CSS, JavaScript, and React.

EXPERIENCE

PERSONAL TRAINER, SELF-EMPLOYED, CALIFORNIA — 2020-PRESENT

I have trained clients with a variety of ages, shapes, goals, and limitations. I first give the client assessments to see what muscles of theirs are over-active and under-active. Next, I write a fully customized fitness regimen for them that not only includes specific exercises with weights and rep ranges, but also some meditative component as well as pre/ post-workout recovery exercises including stretches, rolling and lacrosse ball.

DRIVER, DOORDASH, CALIFORNIA — 2020-2021

I've completed over 150 deliveries and gotten no ratings lower than 5.0 stars. Based on customer feedback, I'm especially proficient with order handling and friendliness ;)

WAREHOUSE/ FULFILLMENT, EMORO INC, SAN RAFAEL, CALIFORNIA — 2016-2021

Emoro Inc is a company that provides branded merchandise to corporations worldwide. I work mainly in the warehouse, organizing products, making/ packing/ shipping packages, and counting inventory.

COACH/REF, NEXT LEVEL FLAG, KENTFIELD, CALIFORNIA — 2016-2019

I was a coach for 4 flag football teams ranging from pre-k to 5th grade. I ran practices for the kids, running them through drills, teaching them plays and defensive formations, and giving them advice. I wrote an offensive playbook that we used during games (of which there were 10 per season). In addition to coaching, I worked with Next Level preparing and cleaning on game days, and as a referee.

EDUCATION

Marin Catholic High School (2020) — 5 on AP tests - Physics C: Mechanics, Calculus, Stats

NASM (2020) — Certified Personal Trainer

Colorado Outward Bound School (2020) — Certified Wilderness First Aid

UC Berkeley Extension (2021) — Coding Bootcamp - Full Stack Web Development

Many Currents (2021) — Tai Chi - Lee's Modified Chang Style Routine

University of Colorado at Boulder (present)

INTERESTS

Training, guitar, coding, skiing, climbing, obstacle course races (i.e. Tough Mudder, Spartan)