

Mandy Campbell, Bootcamp Instructor

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|---------------------|---|-----------------|--------------------|-------------------|
| Place of birth | San Antonio | Driving license | Full | |
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| PROFILE | <i>Passionate, entry-level Bootcamp Instructor with experience in freelancing assisting clients to reach tough fitness goals. Assisted one client to decrease chronic A1C blood sugar levels from 230 mg/dl to 110 mg/dl. Assisted another client in designing a routine to decrease body mass into healthy ranges over eight months.</i> | | | |
| EMPLOYMENT HISTORY | | | | |
| Jan 2019 — Jul 2021 | Certified Bootcamp Instructor, Dominist Fitness | Datteln | | |
| | <i>Ran daily tasks, staffing, and marketing for the group fitness programming. Upheld an active rapport with members and improved group-class utilization by 18% by redesigning class schedules, approximating annual program budgets, analyzing and reporting program statistics.</i> | | | |
| | <ul style="list-style-type: none">• Instructor and sales associate in a fast-paced fitness business environment.• Performed personalized fitness assessments for clients. Received letters of thanks from 50+ happy clients after surpassing their fitness goals.• Exceeded sales goals by 29% average per quarter due to creating incredibly positive interactions with clients, producing active word-of-mouth.• Used active listening skills to design personalized routines for clients. | | | |
| Jul 2021 — Jul 2021 | Bootcamp Instructor , Curves Gym | Ponta Porã | | |
| | <i>Gave new gym members a comprehensive outline of the equipment, going over safety and advantages of a wide array of exercises.</i> | | | |
| | <ul style="list-style-type: none">• Trained individual clients, helping them to achieve their fitness goals with a combination of healthy exercise, lifestyle choices, and nutrition.• Created and led strength and conditioning classes every week for up to 20 members, highlighting high-intensity training and education.• Designed and instructed stimulating group cycling workouts based on the five heart rate zones. | | | |
| EDUCATION | | | | |
| Jul 2021 — Present | Bachelor's Degree in Exercise Science, Concordia University | Concordia | | |
| | <ul style="list-style-type: none">• <i>Surpassing expectations in Personal Training coursework.</i>• <i>CrossFit Level 1 Instructor. Coach's Prep Certified.</i> | | | |
| Jan 2020 — Jul 2021 | Advanced First Aid Diploma, National CPR Foundation | Miami | | |
| Jan 2018 — Dec 2018 | High School Diploma, Barlow High School | Tennessee | | |
| | <ul style="list-style-type: none">• <i>Varsity track athlete.</i>• <i>Leader of the varsity cycling club</i> | | | |
| SKILLS | Cardio Training | Expert | Client Assessments | Expert |
| | Fitness Routines | Expert | Health & Safety | Expert |
| | HIIT | Expert | | |
| HOBBIES | Skiing, Hockey, Knitting | | | |
| LANGUAGES | English | Native speaker | Spanish | Very good command |

ACCOMPLISHMENTS

- Headed group exercise classes in HIIT training, outdoor fitness, and boot camp that increased participation class numbers by over 110%.
- Managed and trained more than 140 clients for the "Stair Climb for Los Angeles" Event. 100% of those clients competed in the challenge.
- Developed, implemented, and supervised more than four training programs, profiles and results for over 70 clients.
- Took advantage of social media platforms like Instagram, recruiting five new clients weekly over six months.
- Developed three advanced circuit-style programs, integrating variations for all levels of fitness.