

Chris Razo

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Portfolio

<https://c-razo.github.io/portfolio-v2/>

Projects & Labs

<https://c-razo.github.io/portfolio-v2/projects/remote-work-readiness-checker.html>

<https://c-razo.github.io/portfolio-v2/projects/ticketing-system.html>

<https://c-razo.github.io/portfolio-v2/projects/cybersecurity-checklist-tool.html>

<https://c-razo.github.io/portfolio-v2/labs/sql-filtering-lab.html>

<https://c-razo.github.io/portfolio-v2/labs/network-analysis-lab.html>

<https://c-razo.github.io/portfolio-v2/labs/password-cracking-lab.html>

Technical Skills

GitHub, Azure, VMWare, Salesforce, ChatGPT, Wireshark, Nessus, Microsoft Office, AWS, Project Management, Sales Experience, Customer Support, Google Suite, Google Cloud Platform, Sales Pipeline, Business Development, Docker, Linux, Organizational Skills, Python, SQL, SQLite, Retail Sales, Windows, Network Monitoring, Network Security, Kali Linux

Professional Certifications

CompTIA Security+ Certification (2024), ISC2 Certified in Cybersecurity (2024), Google Cybersecurity Certificate (2024), NASM Certified Personal Trainer (2023), NASM / AFAA CPR (2023)

Work History

Nutrishop | Aurora, CO

Health Coach and Sales Associate | 01/2022 - Present

- Engage with customers to understand their health and fitness objectives, offering expert advice on nutrition, supplements, and exercise routines.
- Provide tailored supplement recommendations based on individual assessments, staying informed on the latest products and industry trends.
- Drive sales through product knowledge and personalized service, assisting customers with purchases and handling transactions efficiently.
- Conduct body composition analyses and other assessments to help customers track progress and adjust their health plans accordingly.
- Assist with inventory management, restocking, and maintaining a clean and organized store environment.
- Lead or assist in hosting educational sessions or events to promote health and wellness within the community.

Coach Chris Fit, Ltd. | Aurora, CO

Health Coach and Personal Trainer | 07/2019 - 12/2024

- Develop and implement tailored workout plans that align with clients' fitness levels, goals, and any specific health considerations.
- Offer expert advice on nutrition and supplement regimens to complement clients' fitness routines, helping them optimize results.
- Conduct fitness assessments, including body composition analysis, to track client progress and adjust training programs accordingly.
- Work collaboratively with clients to set realistic, achievable fitness goals, providing motivation and accountability throughout their journey.
- Educate clients on the benefits of a holistic approach to health, including the importance of diet, exercise, and supplementation.

- Build and maintain strong, supportive relationships with clients, ensuring a positive and encouraging training experience.

Orangetheory Fitness | Denver, CO

HIIT Coach | 11/2019 - 09/2021

- Lead Orangetheory's heart rate-based interval training sessions, guiding members through a series of high-intensity exercises that blend cardio, strength, and endurance training.
- Provide individualized attention within a group setting, offering modifications or progressions as needed to accommodate varying fitness levels and ensure member safety.
- Utilize heart rate monitors and performance data to track member progress in real-time, offering feedback and encouragement to help them push through their limits.
- Create a welcoming and motivating environment, building strong relationships with members to keep them engaged, committed, and coming back.
- Ensure proper form and technique during exercises, correcting any issues to prevent injury and maximize workout effectiveness.
- Set up workout stations and equipment before each class, ensuring that the studio is clean, organized, and ready for use.
- Stay current with fitness trends, Orangetheory programming, and continuing education to provide the highest level of coaching.

FIT36 | Denver, CO

HIIT Coach and Personal Trainer | 08/2017 - 07/2019

- Lead 36-minute HIIT workouts, guiding clients through a series of timed intervals that combine strength, cardio, and functional exercises.
- Offer individualized attention within the group setting, providing modifications, corrections, and progressions to accommodate all fitness levels and ensure proper form and technique.
- Monitor client performance throughout the class, offering real-time feedback and encouragement to help them maximize their effort and achieve optimal results.
- Build strong relationships with clients, creating a supportive and motivating environment that encourages consistent attendance and progress.
- Assist in the design and implementation of innovative, varied workout routines that keep clients engaged and challenged.
- Set up equipment and workout stations before each session, ensuring the studio is clean, organized, and ready for use.
- Foster a sense of community within the studio, encouraging camaraderie and mutual support among clients.

MSU Denver | Denver, CO

Certified Personal Trainer | 07/2015 - 08/2017

- Design and implement customized workout plans based on individual fitness levels, goals, and any specific health considerations.
- Conduct one-on-one and small group training sessions for clients with disabilities, ensuring that exercises are safe, accessible, and effective.
- Perform comprehensive fitness assessments, including body composition analysis and movement screenings, to track client progress and adjust training plans accordingly.
- Collaborate with clients to set realistic, attainable fitness goals, providing ongoing motivation and accountability.
- Adapt exercises and equipment for clients with varying abilities, ensuring a supportive and empowering environment for all participants.
- Build strong relationships with clients, fostering a welcoming and encouraging atmosphere that promotes consistent participation.
- Educate clients on proper exercise techniques, nutrition, and overall wellness, helping them develop sustainable healthy habits.

Education

MSU Denver | Denver, CO

Exercise Science and Sport Management | 07/2020

2017 United States Olympic Committee F.L.A.M.E. Participant

The National Society of Leadership & Success (Member)

Golden Key International Honour Society (Member)

National Society of Collegiate Scholars (Member)