

# Chris Razo

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## Certificates

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

## Education

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**Metropolitan State University of 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)

## Awards

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2016 Student Achievement Award: Outstanding Customer Service

## Experience

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**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.
- Work closely with other team members to achieve sales goals and maintain a supportive, customer-focused atmosphere.

**Coach Chris Fit, Ltd. | Aurora, CO**

**Health Coach and Personal Trainer | 07/2019 - Present**

- Develop and implement tailored workout plans that align with clients' fitness levels, goals, and any specific health considerations.
- Provide hands-on coaching to ensure proper exercise form, technique, and safety during workouts, adapting routines as needed for individual progress.
- 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.
- Lead group fitness classes or workshops, and participate in community events to promote health and wellness.
- 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.
- Actively participate in studio events, challenges, and community outreach to promote Orangetheory and its mission.

#### **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.
- Stay updated on the latest fitness trends, HIIT methodologies, and continuing education to provide cutting-edge coaching.
- Actively participate in studio events, challenges, and community outreach efforts to promote FIT36 and its mission.

#### **Metropolitan State University of Denver | Denver, CO**

##### **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.
- Assist in the continuous development and enhancement of the university's personal training programs, including the Adapted Fitness Program.
- Participate in campus wellness events, workshops, and other activities that promote health and fitness within the university community.

#### **Skills**

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Communication skills, Time management, Computer skills, Writing skills, Teaching, Cybersecurity, Critical Thinking, Customer Service, Leadership, Computer literacy, Microsoft word