

CARTER MOORE

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EDUCATION

Bachelor of Science

Applied Physiology and Kinesiology
University of Florida, Gainesville, FL

PROFESSIONAL EXPERIENCE

Remote Individual Design Coach, Self

January 2020- Current
Atlanta, GA

- Provided individually designed fitness and lifestyle programs based on personal assessment data and needs of each client
- Performed in depth consultations and monthly check-in calls to ensure progress and maintain great relationships
- Guided clients in best nutritional and lifestyle practices to suit their needs and goals

Group Fitness and Personal Trainer, STAT Wellness

January 2020- Current
Atlanta, GA

- Instructed and lead small group training focused on both strength training and aerobic development
- Developed training programs for both class and personal sessions
- Managed member interaction and engagement to facilitate a welcoming training environment

Health and Fitness Specialist, EXOS

November 2019- September 2020
Atlanta, GA

- Supervised and monitored exercise participants to ensure safe and quality movements
- Designed workout programs for group and individual settings to optimize needs of clients
- Worked directly with the lead program manager to design and implement corporate health programs in order to incentivize and promote specialty services

Trainer and Nutrition Coach, CrossFit Terminus

May 2019- June 2020
Atlanta, GA

- Instructed and led high quality coaching through group classes and personal training
- Founded and launched nutrition programming for members in an effort to promote a foundation for health and a personalized experience for each participant
- Worked directly with owners to identify members' needs and analyze membership engagement tactics in an effort towards improving operational efficiencies and greater experience

Head Coach and CrossFit Trainer, LIV Athletic

May 2016- May 2019
Gainesville, FL

- Managed the design and quality of periodized programming for group classes and individuals
- Collaborated with leadership and peers to design and implement step-by-step skill clinics and short videos on specific movement patterns and proper skill progressions
- Contributed towards the implementation of healthy lifestyle coaching and programs to incentivize members to adopt healthy habits for life
- Managed, trained, and mentored new staff to ensure seamless onboarding and standardized processes consistent with the mission of LIV Athletic

CERTIFICATIONS, LEADERSHIP, AND ACHIEVEMENTS

- OPEX CCP L1 (in progress)
- ISSA Certified Personal Trainer
- Precision Nutrition Coach (Pn1)
- CrossFit Level 2 Trainer (CF-L2)
- Youth Empowerment Systems Coach