

Daniel Martinez

Functional Training Specialist • Ashdod, Israel • 9+ years



Email: dan.m@example.com

Phone: +972-58-333-2222

Languages: English, Hebrew

Daniel is a functional training specialist with 9+ years experience. Primary expertise includes Mobility, Prehab, Kettlebell. Training philosophy emphasizes safety, progressive overload, and habit-building to deliver measurable results. Comfortable coaching individuals and groups, with programs adapted for beginners through advanced clients.

Core Expertise

- Mobility
- Prehab
- Kettlebell

Certifications

- FMS L2
- NSCA-CPT

Education

- Diploma in Sports Rehab

Professional Experience

Senior Coach — FlexWorks (2019–2025)

- Designed personalized programs, tracked progress, and ensured safe technique.

Coach — MoveWell (2016–2019)

- Designed personalized programs, tracked progress, and ensured safe technique.

Selected Achievements

- Reduced client pain scores by 40% avg.
- Built mobility library (120+ drills)

Training Approach

Assessment-first approach using movement screens and strength benchmarks. Programs are periodized in 4–12 week blocks with weekly adjustments. Emphasis on technique, recovery, and habit formation. Uses basic analytics (RPE, HR, volume, and adherence) to guide progression.

Availability

Weekdays: 07:00–21:00 • Weekends: 09:00–15:00 • Online & in-person sessions