



FITNESS CURRICULUM VITAE

PERSONAL DETAILS

SURNAME, NAME	KASTAMOULAS , EVANGELOS
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NATIONALITY	Greek
BIRTH DATE	23, MAY, 1981
BIRTH PLACE	Athens

CAREER

- SPORTS JOB EXPERIENCE 2006-2016
- NAME AND ADDRESS OF PAST EMPLOYER
 - RODOS* FITNESS FACILITIES (Esporta , Paradise , Asana , Family Fit , Fit 1)
 - ATHENS* FITNESS FACILITIES (Palestra , Asana , Lets Go , Holmes Place ,ATHlesis)
- JOB PLACE
 - Mad Dog Athletics Master Instructor in Spinning® Program
 - Mad Dog Athletics Candidate Master Instructor in SPINPower® Program
 - Head Technician in Startrac Greece
 - Head Technician in BikeTex
 - Head Spinning® Instructor and Coordinator in Palestra Gym
 - Bike n Sports Magazine - Columnist
 - MixMeister Numark Presenter, Producer and Promoter
 - Polar Greece Promoter and Developer
 - BikeTex Head Technician and Adimistrator

•SPORT CERTIFICATES

Studio One - Power Cycling (2009),
Maddog – Spinning® Instructor Clinic(2011)
Master Spinning® Instructor Program (2012)
Indoor Cycling Association – Master the Art and Science of Heart Rate Training(2012)
Maddog –SPINPower® Instructor (2013)
Maddog –SPINPower® Master Instructor (2014)
TRX Trainer (2016)
NASM Personal Trainer (2016)

CONTINUING EDUCATION

Maddog Athletics - Spinning® Program Education
Spinning Profile Designs and Heart Rate games, 11/01/2011
Exercise Physiology Fundamentals, 31/01/2012
Special Populations 29/12/2011
Spinning for Kids, 19/01/2012
Effective weight loss, 01/11/2012
Cadence- Heart Rate and Class Design, 15/01/2012
Periodization for Peak Performance, 24/01/2012
Breathing Techniques, 02/03/2012
Spintensity Workshop 22/4/2012
Mental Training 15/5/12
Bike Maintenance 29/5/2012
World Spinning Conference 29/5-3/6/12
Communication Skills 20/7/12
Master Spinning® Instructor Boot Camp 20/7/12

Indoor Cycling Association

Master the Art and Science of Heart Rate Training(2012)
Why should I keep it Real (2012)
Effective Intervals (2012)

ADDITIONAL INFO AND AWARDS

Master Instructor Presenter in WSSC (World Spinning Conference in Miami) ,2014
Master Instructor Presenter in Usa ,Uk , Holland , Qatar Events, 2013-2014
Head Technician in Stratrac Greece 2013-2015
Head Technician in BikeTex Greece 2016
Manager and Head Spinning Instructor in Spinning Facilities Palestra , 2013-2015
(Paradise, Asana, Family Fit, Fit 1, 2011-2013)

Participation in Several Spinning Marathons as Presenter (WSSC , SpinATHon , Italy,Holland,Qatar)
Global Master Presenter and Continuing Education Developer for MDA
Organizer of Acropolis Global Spinning Event
Instructed Spinning® Sessions in UK , USA , Belgium ,Holland, Qatar
Cycling Experience 25 years now
Captain in Greek National Cycling Team Several Times
Participate and won many Cycling Tours
Participate Road European Championship 2003
Champion in Asca European Championship
Professional Cyclist in World Of Bike (Continental Team) (2010-2011)
Raced in the Biggest and Hardest Brevet in the World **PARIS-BREST-PARIS** (1250km non-stop-64 hours my Finish time) Participation 6000athletes Ranked 300.(2011)
First Aid Certification, Red Cross 2011
Athlete of the year 2010 and 2011(Choice Magazine)
Owner of Groups and Pages with over 3000 people each in Facebook

JOBS

-Master Educator in Olympic Handling (Ramp safety , Head Sets , Marshalling)
-Ramp Agent, Load Controller, Marshaller, Station Controller in Olympic Airways, Olympic Handling (last 8 years)
-Technician and representative in Spinner© Bikes(2012)
-Spinning® Instructor (last 6 years)
-Columnist in Bike Magazine Bike and Sports (last 4 years)
-Trainer in Cycling team Mesogeios (Men Category) and Eyklis (Junior Category), 2012
-Computer Technician in many Companies
-Bike Technician in Local Bike Shops
-Participate in 2 Movies(English<Beyond Friendship>,<Erich Sleiman>German) and some Advertisements as Model (Nes Café, Sports Magazine)
-TV Presenter in a show Tv4 Channel (2011)
-Radio Producer and DeeJay In Radio Stations, Clubs (Rodod)
-Race Director In Cycling Races such as Tour of Cyprus ,Tour of Rodod

EDUCATION

• SENIOR HIGH SCHOOL DEGREE

Senior High School Degree 17 3/11

• MAIN SUBJECT

COMPUTER SCIENCE
ECDL BASIC(WORD , EXCEL, WINDOWS, INTERNET)

•DEGREES & LANGUAGES

GREEK (MOTHER LANGUAGE)

ENGLISH , LOWER MICHIGAN (FLUENT)

GERMAN, ZERTIFIKAT GOETHE