**PERSONAL TRAINER  
Personal Training – Training Protocol Design**

Highly motivated and passionate personal trainer with the ability to design and implement training protocols based on a client goals and ability.

**Professional Experience**

**Functional Fitness Philadelphia Personal Trainer**

**Philadelphia, PA**

Certified **Personal** **Trainer**, Graduate at the National **Personal** Training Institute of Philadelphia.

Developing fitness programs designed to accommodate individual clients’ needs and goals.   
Results oriented **trainer**, with a passion for designing programs that improve fitness, increase stamina, and develop a healthy living style and sense of well-being.

Ability to motivate and inspire clients regardless of physical fitness level and abilities, while encouraging habits that are life changing.

**Retro Fitness/Effective Fitness Training Personal Trainer**

**Philadelphia, PA**

Certified **Personal** **Trainer**, Graduate at the National **Personal** Training Institute of Philadelphia.

Developing fitness programs designed to accommodate individual clients’ needs and goals.   
Results oriented **trainer**, with a passion for designing programs that improve fitness, increase stamina, and develop a healthy living style and sense of well-being.

Ability to motivate and inspire clients regardless of physical fitness level and abilities, while encouraging habits that are life changing.

**Healthy Life Styles Now** **Personal Trainer**

**Philadelphia, PA**

Certified **Personal** **Trainer**, Graduate at the National **Personal** Training Institute of Philadelphia.

Developing fitness programs designed to accommodate individual clients’ needs and goals.   
Results oriented **trainer**, with a passion for designing programs that improve fitness, increase stamina, and develop a healthy living style and sense of well-being.

Ability to motivate and inspire clients regardless of physical fitness level and abilities, while encouraging habits that are life changing.

**SRH Heidelberg Fachhochschule Lecturer Heidelberg, Germany**

Contract instructor teaching Business Communications, responsible for instructing students in using English for use in Business Communications.

**Market Resource Partners, LLC Sales Operations Manager Philadelphia, PA**

**February 2005 to December 2007: Sales Operations Manager:** Developed various business processes and was responsible for reporting and controlling various functions on the sales floor.

**August 2004 to December 2004: Lead Account Executive:** Led a team of Account Executives in executing designated marketing campaigns.

**May 2004 to August 2004: Account Executive:** Responsible for cold calling and generating new leads.

**Computers and Networks, Inc. Owner Ardmore, PA**

At this B2B IT sales company, responsible for developing new business and maintaining existing relationships.

**SAP, Inc. Telesales Executive**

**Newtown Square, PA**

Responsible for researching and contacting companies where ERP projects may be being considered and setting initiating contact between the prospect company and the SAP field representative.

**Education:**

**National Personal Training Institute Diploma**

**Philadelphia, PA January to June 2014**

Program included anatomy, exercise physiology, nutrition, program design and practical gym experience.

Additional Certifications:

**NASM**

**Red Cross CPR Certification**

**Kettle Bell**

**TRX**

**Temple University Bachelors of Business Admin. Philadelphia, PA**

Completed my degree with concentration in both Economics and Marketing

**Bloomsburg University of PA Information Processing**

**Bloomsburg, PA**

**Fitness Background**

Running Background:

Completed 20 Philadelphia Broad Street Runs (PR: 1:04:37).

Completed 2 marathons.

Planned and organized various ski trips with work related groups.