

# Anna-Britta Pincus

## **Strength and Conditioning Specialist with Certification in Nutrition**

Richmond, VA

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I am a NSCA certified Strength and Conditioning Specialist with a NASM-CNC. I have a bachelors in Biology and a masters in Exercise Science. My training experience ranges from working with collegiate level athletes to general population, the elderly, and chronic pain clients. I am well versed in corrective exercises, strength training, plyometrics, energy systems development, and agility drills.

Authorized to work in the US for any employer

## Work Experience

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### **Personal Trainer**

Anytime Fitness - Oak Hill, WV

July 2023 to Present

Instruct fitness clients through personalized programs that include resistance training and rehab exercises. Walk clients through EVOLT scan and body circumference measurements.

### **Personal Trainer and Exercise Therapist**

Advanced Wellness Centre - Richmond, VA

September 2020 to April 2023

Strength and Conditioning Specialist and exercise therapist working with clients of all ages and fitness levels to enhance individual biomechanics and fitness goals. Progress chiropractic clients through Move Now Exercise Rehab Program to decrease compensatory movement habits and enhance functionality of muscle patterning, stability, and loading via corrective exercises. Instruct fitness clients through personalized programs that include movement prep, resistance and aerobic training, energy systems development, and corrective exercises. Trained in Lumbar Spinal Stenosis Stretching Protocols and personally designed a group exercise rehab program utilized by the facility. Managed gym and all gym clientele appointment scheduling.

### **On-Call Fitness Specialist**

Corporate Fitness Works - Norfolk, VA

June 2020 to September 2020

Create daily workouts and challenges for gym members, assist clients with lifting form, ensure facility equipment is clean and functioning properly. Record and update client challenge progressions.

### **Front Desk Staff**

Latitude Climbing + Fitness - Norfolk, VA

June 2018 to September 2020

Set up customers with day passes and memberships. Ensure transactions are completed properly and that all required information is gathered from each customer. Instruct clients on the basic techniques of climbing through our offered basics courses and climb with coach classes. Fit and sell climbing shoes to

customers. Provide customers with information about each product and activity the facility has to offer. Ensure the facility is clean and maintained properly.

### **Internship**

CHKD Sports Medicine Program - Virginia Beach, VA  
May 2019 to August 2019

Instructed athletes through their designated warm-up, movement prep, lifting, and energy systems development exercises each day. Ensured the facility was maintained and that all equipment was clean and functioning properly. Designed and implement workouts for athletes based on the criteria made by the director of the facility.

### **Anatomy and Physiology Lab Adjunct**

Tidewater Community College - Norfolk, VA  
August 2018 to December 2018

Taught Anatomy and Physiology I weekly lab class for Tidewater Community College. Introduced and guided students through curriculum material, created quizzes and homework, set up exams, calculated grades.

## Education

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### **M.S. in Exercise Science**

Old Dominion University - Norfolk, VA  
August 2018 to August 2019

### **B.S. in Biology**

Virginia Polytechnic Institute and State University - Blacksburg, VA  
August 2013 to May 2017

## Skills

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- Personal Training
- Sports Coaching
- Program Design
- Microsoft Word
- Anatomy knowledge
- Physiology knowledge
- Sports nutrition
- Microsoft Excel
- Exercise planning
- Laboratory Experience
- Climbing
- Vital Signs
- Physical education
- Body mechanics

- Lumbar spinal stenosis stretching

## Certifications and Licenses

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### **NSCA - Certified Strength and Conditioning Specialist**

August 2019 to December 2023

### **NASM - Certified Nutrition Coach**

August 2022