

MARCO MORESCHI
17 Pulham Avenue, East Finchley
London N2 0LR
07827029080
marco.moreschi@hotmail.com

PROFILE:

A highly competent and enthusiastic personal trainer with a proven ability to help people achieve their fitness goals. Possessing a successful track record of evaluating a client's physical fitness, understanding their needs and then developing a practical and achievable workout routine for them to reach their targets. Possessing the necessary communication skills required to gain the trust of clients and thereby retain their business. I began my coaching career at the age of 18 training the U14s regional rugby selection in Pordenone (Italy) and winning the 2014 regional championship.

EDUCATION:

August 2017 **Emergency Response**
August 2017 **First Aid**
Feb 2017 **Level 3 Personal Training**, Discovery learning, London
Oct 2015 **Level 2 gym instructor**, Discovery learning, London
Sept 2012 **Certificate for the training of young athletes up to the ages of 14.** Rugby Trainer Course, Italy
Sept 2004 **High School Diploma in surveying**, July 2010 Sandro Pertini, Italy

EXPERIENCE:

Personal Trainer:

April 2017- current

David Lloyd Finchley, Leisure Way, London N12 0QZ

- Providing one to one guidance to clients to help them achieve their fitness goals;
- Providing information about nutrition;
- Selecting the correct set of exercises for a client to achieve maximum results;
- Conducting fitness and HIIT exercise classes.
- Conducting Box classes.
- Demonstrating how use the equipment;
- Conducting classes with kids from nine to sixteen years old;
- Explaining to clients the results they can expect from exercise regimes;
- Maintaining gym equipment and ensuring it is safe to use.

Chef:

October 2016 - March 2017

Salt House, 63 Abbey Rd, London NW8 0AE

- Preparation of food under the supervision of the Chef;
- Creating dishes for clients with special dietary or cultural needs;
- Accompanied the offsite events team on special events to assist in preparation and plating.
- Operated kitchen equipment abiding by safety rules and cleaning methods

Personal Trainer

March 2015 – July 2016

Mighteefit Health Studio, 2a Fortis Green, East Finchley, N2 9EL

- Providing one to one guidance to clients to help them achieve their fitness goals;
- Selecting the correct set of exercises for a client to achieve maximum results;
- Conducting fitness and exercise classes from and demonstrating equipment;
- Conducting classes with kids from nine to sixteen years old;
- Explaining to clients the results they can expect from exercise regimes;
- Maintaining gym equipment and ensuring it is safe to use.

Athletic Trainer

Jan 2012 – July 2014

Union Rapps Pordenone, Italy Rugby trainer under 14s

- Evaluating performance and providing suitable feedback.
- Assessing strengths and weaknesses in a participant's performance and identifying areas for further development;
- Adapting to the needs and interests of group or individual participants;
- Communicating instructions and commands;
- Encouraging participants to gain and develop skills, knowledge and techniques;
- Ensuring that participants train and always perform to a high standard of health and safety .

SKILLS:

Knowledge of Anatomy

Ability to successfully motivate and encourage individuals.

Excellent knowledge of gym specialist training equipment like treadmills etc.

Good at solving problems.

Great with client relations.

Focused on maintaining personal training certification through continuing education.

INTERESTS:

Passionate sportsman having practiced several disciplines from an early age. I am a black belt 1st Dan in Karate Shotokan and have represented Italy internationally for the U16 Rugby National Squad for 3 years and my region's track-and-field team.

Languages:

Italian and English fluent

Spanish basic