**Name: James Carter  
Email: james.carter@example.com  
Phone: +1 555-789-1234  
Location: Rome, Italy**

**Work Experience:**

* **FitLife Gym, Rome – Personal Trainer (2019 - Present)**
  + **Designed personalized workout programs for clients**
  + **Monitored progress and adjusted training plans accordingly**
  + **Provided basic nutritional counseling**
* **Wellness Center, Milan – Fitness Instructor (2016 - 2019)**
  + **Led group fitness classes focused on functional training and cardio**

**Skills:**

* **Certified Fitness Trainer (ACE)**
* **Strength and functional training**
* **Personalized client coaching and motivation**
* **Basic sports nutrition knowledge**