

Sebi Cirdeiu

Profile

Self-taught Front End Developer.
I enjoy creating interesting, interactive and useful web applications with the use of React, JavaScript, CSS and, lately, Tailwind CSS.

Employment History

Personal Trainer at World Class Romania, Brasov

October 2020 — November 2021

- Adjusted exercise plans and techniques as needed to meet clients' changing goals and needs
- Demonstrated a variety of exercises to clients to help them understand and practice proper form

Physical Therapist at Body Education Srl, Brasov

October 2021 — October 2022

- Prescribed therapeutic exercises and activities to improve strength, balance, and endurance
- Utilized manual therapy techniques such as joint mobilization, soft tissue mobilization, and stretching to reduce pain and improve range of motion
- Developed individualized treatment plans for patients with musculoskeletal injuries, resulting in a X% reduction in recovery time

Personal Trainer at E-Slim Effect Srl, Brasov

October 2022 — November 2023

Assisted and coached clients to improve their physical fitness.

- Demonstrated a variety of exercises to clients to help them understand and practice proper form
- Provided education and guidance on topics such as injury prevention, nutrition and lifestyle habits

Personal Trainer at Body Time, Brasov

February 2021 — October 2021

- Demonstrated a variety of exercises to clients to help them understand and practice proper form
- Developed and implemented customized fitness programs for clients to help them reach their individual health and wellness goals
- Conducted assessments and evaluations to track progress and evaluate the effectiveness of the training program

Education

Fizio-kinetoterapie, Universitatea de Medicina si Farmacie "Iuliu Hatieganu", Cluj-Napoca

October 2017 — October 2020

Details

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Links

[Github Profile](#)

Skills

