**CHUNDURI KEDAR VENKATA GURU SAI KRISHNA**

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**Career Objective**

Fitness Trainer with 4+ years of health and wellness experience across multiple fitness centers.

Possesses proven track record in helping clients achieve fitness goals through customized exercise programs

Consistently improves fitness center revenue targets by developing new programs and retaining clients.

Professional Experience

***Big Boyz fitness centre / 2017-2019***

* Assist 80 customers per month, with a track record of helping 70% of clients reach fitness goals within the first 6 months
* Design personalized programs and nutritional plans for clients for optimal results
* Check all gym equipment for proper use and functions, minimizing accidents or malfunctions

***Gym space tru fitness world / 2019-2020- Roles: Trainer and Partner***

* Instructed clients on proper equipment use, as well as exercises to do at home
* Exceeded revenue targets by 20% within 3 months
* Co-developed new fitness programs with management, with successful implementation that increased sales revenue by 34%

***Marks gym 2020-2021***

* Taught Body Combat fitness classes
* Instructed clients on proper equipment use, as well as exercises to do at home
* Provided exceptional customer service, securing 40% of new clients through referrals

Certifications

***Certifications From 2017 -2020***

* CBT - NSBB- Punjab -2017
* Certified personal trainer - 2018-IIFEM-Delhi
* Certified nutrition consultant- 2019-IIFEM -Delhi
* Anabolic steroid - 2019-IIFEM
* DIPOLMA in fitness - fabulous academy -2020
* DIPOLMA in advanced fitness training -fabulous academy -2020

ACHIEVEMENTS

***National Level Achievements***

* Achieved Silver Medal in National level weightlifting -29th November ,2019

***State Level Achievements***

* Achieved Gold Medal in State weightlifting (bench press) in the Year -2017,
* Achieved Gold Medal in State weightlifting (bench press) in the Year -2018,
* Achieved Gold Medal in State weightlifting (bench press) in the Year -2019,
* Achieved Gold Medal in State weightlifting (bench press) in the Year -2020,
* Achieved Gold Medal in State level body building in 75 -83 kgs category in the Year -2017,
* Achieved Silver Medal State level body building in 75 -83 kgs category in the Year -2018

***District Level Achievements***

* Achieved Gold Medal in District weightlifting (bench press) in the Year- 2017,
* Achieved Gold Medal in District weightlifting (bench press) in the Year- 2018,
* Achieved Gold Medal in District weightlifting (bench press) in the Year- 2019,
* Achieved Gold Medal in District weightlifting (bench press) in the Year- 2020
* Achieved Gold Medal in District level body building in 75 -83 kgs category in the Year - 2017,
* Achieved Gold Medal in District level body building in 75 -83 kgs category in the Year -2018

key skills

* Expert in giving training for Weight Loss Programs and body Fitness
* Expert in ground and HIIT workouts
* Expert in Ketelbel Workouts- (Strengthening / Weight Loss)
* First-Aid and CPR (Level C)

internships & workshops

HIIT WELLCARE

*Vijayawada, March 2020*

FAbulous academy

*Ketelbel Workouts- June 2013*

Education

Direct UNIVERSITY, Guntur, AP

*Bachelor of Science in Psychology*, May 2018 - GPA: 3.3/4.0

sri chaitanya college, Guntur, AP

*Intermediate- B.P.C, June 2015 - GPA: 8/10*

BHASHYAM PUBLIC SCHOOL, Guntur, AP

*SSC- June 2013 - GPA: 8.7/10*