



THOMAS MONACO

Crossfit Athlete/Trainer

ABOUT ME

As a seasoned Software Engineer, my lifelong passion for fitness uniquely blends technical expertise with a genuine commitment to well-being. While my professional focus is on software development, my heart has always belonged to the fitness realm.

I find immense satisfaction in guiding individuals to conquer challenges and surpass fitness goals, fostering an environment where personal milestones are achieved.

Beyond coaching, I actively participate in various competitions, honing my skills and deepening my understanding of the diverse aspects of the fitness community. This multifaceted experience positions me as a well-rounded candidate ready to contribute positively to any gym or CrossFit facility.

EXPERIENCE

Coach at F45

I thrive on seeing people exceed their own expectations and pushing themselves further than they thought possible.

Crossfit Athlete/Coach Assistant

Two years ago, I immersed myself in CrossFit and quickly developed a deep passion for the discipline. This love led me to co-create the [@berserker_program](#) community with a friend. At CrossFit Majadahona gym, not only did I train rigorously, but I also assumed the role of a coach assistant. In this capacity, I dedicated myself to supporting and coaching my peers, helping them unleash their full potential.

Rugby Union Player

I dedicated nearly 15 years to playing Rugby, culminating in my retirement at a semi-professional level.

EDUCATION

IB DIPLOMA

International Baccalaureate
2016

IGCSE DIPLOMA

International General
Certificate of Secondary
Education.
2014

BACHELOR OF SOCIAL SCIENCE

Saint Mary of the Hills School
2010-2016

LANGUAGES

English

Spanish

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