



THOMAS MONACO

Fitness Enthusiastic

ABOUT ME

As a seasoned Software Engineer with a lifelong passion for fitness, I offer a distinctive combination of technical expertise and a genuine appreciation for physical well-being. Despite my professional focus on software development, my heart has always been in the fitness realm.

I derive immense satisfaction from seeing individuals conquer challenges and surpass their fitness goals. My passion centers on fostering an environment where people can push their limits and achieve personal milestones. Transitioning from tech to fitness aligns seamlessly with my desire to merge analytical skills with a sincere commitment to assisting others on their fitness journeys.

EXPERIENCE

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.

Software Engineer

Proven track record in Software Engineering roles since 2019.

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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