





Ted C. Bell

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Portfolio: ted-bell.com

A creative problem solver with a keen ability to assess client needs and to develop and implement solutions to help them achieve their goals. I wish to apply the skills that I developed as a personal trainer to creating websites that meet and exceed my client's needs. Skilled at taking web design mockups and making them functional for the web.

Technology Proficiencies

- JavaScript
 - Git
 - Microsoft Office
 - JavaScript
 - HTML
 - CSS
 - jQuery
 - AngularJS
 - Ruby
 - Bootstrap
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Experience

Master Personal Trainer / L.A. Fitness Toledo, OH

Personal Trainer in the great Toledo area, serving 150 clients over the past six years. In 2014 was promoted to Master Trainer.

- Assess, implement, and execute customized strategy for each client
- Mentor incoming personal trainers and assist them in acclimating to L.A. Fitness culture, processes, procedures, and sales techniques
- Analyze complex client goals and develop a personalized solution
- Catalogue progression, challenges, and future strategy for each individual client, adjusting timelines and goals accordingly with external forces
- Promoted to Master Trainer in 2014

Intern / Bowling Green State University Strength and Conditioning Department, Bowling Green, OH

Assisted Division 1 collegiate-level coaching staff with strength and conditioning workouts for athletes in multiple sports. Program required that I understand the dynamics required in each sport and apply the necessary training to benefit the athletes. Adaptability to follow instructions, take poor instructions, and make it happen within a time crunch

Education

Full Stack Developer Track / Bloc

Six-month Full Stack Developer training program under the supervision of a senior engineer.

Web Design Certificate / Owens Community College, Toledo, OH

Learned the fundamentals of web design, layout, and coding.

Bachelor of Science / Bowling Green State University, Bowling Green, OH

Class concentrated in ACSM focused health management.