

OWEN JOHNSTON

118 Sauls St. | Lake City, SC 29560
owen@strengthcalisthenics.com

PERSONAL TRAINING PROFESSIONAL

Individual Fitness Training | Training Program Design | Continuous Improvement Emphasis

Highly qualified and enthusiastic professional in the areas of physical fitness and martial arts. Capable of developing specific curriculum with expected end results for the individual student. Well adept at providing necessary direction and encouragement to students to ensure training goals are met and training regimens are continued as a lifestyle for longer-term health and welfare. Constant learner dedicated to keeping up with trends and development in physical fitness.

- Multiple Physical Training Skills
- Strength and Conditioning
- Advance Strength Calisthenics
- Training Camp Management
- Athlete Strength and Fitness
- Results Orientation Focus
- Fitness Plan Development
- Specific/Measureable Goal Planning
- Competitive Athlete Training
- Martial Arts
- Curriculum Development
- Sales and Marketing

PROFESSIONAL EXPERIENCE

OLYMPIA GYMNASTICS, Moncks Corner, SC 2014 - Present

Lead Strength and Conditioning Coach

- Specifically design fitness plans that fit the needs of the individual.
- Provides the necessary direction and encouragement to clients to select and work toward fitness goals.
- Ensures workouts utilize proper techniques and the appropriate training intensity.
- Train competitive athletes in methods that will develop specifically needed movements and positions.

PERSONAL TRAINER (Self-Employed), Lake City, SC 2014 - Present

- Personally manage on-line presence to include both blogs and social media.
- Through blogs and social media, proactively provide fitness and martial arts resources and articles to clientele.
- Demonstrate means and methods by which clientele can make better lifestyle decisions.
- Stay abreast of research into health, fitness, and martial arts and share that information with clientele.
- Constantly reaches out to and learns from other instructors in order to update and expand knowledge base.
- Design and implement all marketing plans.

WILLIAMSBURG COUNTY RECREATION CENTER, Kingstree, SC 2013

Chief Instructor, Karate Program

- Utilized expertise in fitness and martial arts as a means of developing a curriculum to help improve health.
- Utilized expertise in martial arts to develop a curriculum designed to improve athletic performance.
- Organized the karate program that serves the greater Kingston, SC area.
- Worked with the recreation center to plan and proactively reach out to other towns in the area.

KARATE STUDIO (Owner/Manager), Lake City, SC 2007 – 2013

2004 - 2006

- Through agreement with previous owner, earned black belt.
- Self-taught in the with regard to how to properly manage a studio.
- Developed own methods of marketing the business, converting leads to new students, and develop curriculum.

EDUCATION & CREDENTIALS

International Sports Sciences Association (2012-2013)

Carpentaria, CA

Black Belt Certification

Japan International Karate Center

Progressive Calisthenics Certification (PCC)

Dragon Door

Certified Gymnastics Instructor

USA Gymnastics, Member # 937734