

NAME

TITLE
000-000-0000 / EMAIL / CITY, STATE, ZIP

Profile

To secure a personal trainer position at XYZ Fitness Center that utilizes my NASM certification, expertise in strength and conditioning, and ability to motivate clients to achieve their fitness goals.

Experience

Personal Trainer - ABC Fitness, City

June 20xx – Present

- Conduct fitness assessments and develop personalized training programs for clients based on their fitness level, goals, and limitations
- Motivate and inspire clients to achieve their fitness goals through positive reinforcement and accountability
- Instruct clients on proper form and technique for various exercises and equipment
- Maintain client records and communicate progress to management as needed
- Collaborate with other trainers and staff to ensure a positive and safe environment for all clients

Strength and Conditioning Coach - XYZ High School, City

September 2016 – June 2019

- Developed and implemented strength and conditioning programs for varsity sports teams, including basketball, football, and volleyball
- Trained student-athletes on proper form and technique for weightlifting and plyometric exercises
- Monitored athletes' progress and adjust training programs accordingly to improve performance and prevent injuries
- Collaborated with coaches to develop game strategies that utilized the athletes' strength and conditioning training

Project Experience

- Developed and implemented fitness programs for various age groups, including boot camps, yoga, and Pilates
- Managed a team of fitness instructors and provided training and support as needed
- Developed marketing materials to promote the fitness programs and increase participation
- Coordinated with other park district staff to ensure a positive and safe environment for all participants

Education

Bachelor of Science in Exercise Science - University of ABC, City

Graduated May 20xx

- GPA: LIST
- AWARD
- AWARD

DEPARTMENT - SCHOOL

May 2009

- GPA: LIST
- AWARD
- AWARD

Skills

Expertise

- NASM Certified Personal Trainer
- Strong communication and interpersonal skills
- Ability to motivate and inspire clients to achieve their fitness goals
- In-depth knowledge of strength and conditioning techniques and equipment
- Experience working with a variety of age groups and fitness levels

Licenses & Accreditations

Licenses Licenses & Accreditations

- NASM Certified Personal Trainer
- CPR and AED certified
- First Aid certified