

Curriculum Vitae

Male

D.O.B. 06 June 1990

Number of years working in industry: 6 years 4 months

Candidate ID Number: 17037

Nationality: British

Language Skills:

Fluent: English

Permitted to work in: UK - United Kingdom

Position Sought: Fitness Professional

Personal Statement

A highly ambitious, self-motivated individual with a depth of multi-skilled experience. An inspirational team player with exceptional interpersonal and communication skills focused on the determination to motivate others with the desire to succeed. With strength in the delivery of excellence & the highest quality of standards which has been developed throughout an exemplary career in HM Forces.

Seeking work in international locations and cruise ships

Employment History:

March 2007 - July 2013 - Fitness Professional at (most recent employer hidden for confidentiality) Ipswich, UK - United Kingdom, (Home/Mobile)

Duties included:

I served in the British Armed Forces as a Physical Training Instructor. My job was to design and deliver fitness sessions, deliver group, one to one and rehabilitation physical training.

I worked with the gymnasium, ensuring the facilities were kept up to the correct standard, ensured all Health and Safety requirements were met and supervised and developed junior physical training instructors.

I have delivered Regimental physical training lessons, and co run the very physical Army pre-parachute selection course, developing the fitness and robustness of 50+ students, pushing them to their physical limits.

I have also run my own boot camp away from work. Meeting new people and delivering unique and different physical training lessons. I also gave individuals nutrition programmes when clients required them.

Education and Qualifications:

2013 Premier Training International

Certificate

Suspension Training Instructor

2013 Premier Training International

Certificate

Kettlebell Training Instructor

2013 Premier Training International

Diploma Level 3

Level 3 Personal Trainer

2013 Pro Trainings

Certificate

First Aid at Work

2012

Certificate

Army Fitness Training Instructor Certificate

2006 Ramsey School

GCSE-

Maths (C), English (C), PE (A),

Vocational Qualifications

First Aid At Work Certificate,

Army Physical Training Instructor Certificate,

Level 1 Ski Instructor Certificate,

NVQ level 2 Engineering,

City and Guilds level 2 Number, IT, English

OCR Certificate level 2 problem solving, working with others

British/American Parachuting Certificates

Hobbies and Interests

With a passion for fitness I actively involve myself in all types of physical training, I enjoy weight training, running, cycling and high intensity training. I often train myself at least twice a day.

I attend a gymnastics class twice a week

I am a keen footballer winning the Midlands Army Football League trophy

I have represented the Army at the Army athletics championship

I enjoy reading nutrition books

I am currently learning to play the guitar

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