

# **Curriculum Vitae**

**Male**

**D.O.B. 18 January 1990**

**Number of years working in industry: 12 years 9 months**

**Candidate ID Number:** 17447

**Nationality:** British

**Language Skills:**

Fluent: English

Basic: German, French

**Permitted to work in:** UK - United Kingdom

**Position Sought:** Fitness Professional, Personal Trainer

## **Personal Statement**

I am very ambitious, enthusiastic and hardworking. My current goal is to work abroad, to do a job I love immersed in another country and culture.

Seeking work in international locations and cruise ships

## **Employment History:**

**May 2013 - Present - Fitness Professional** at (most recent employer hidden for confidentiality) Harrogate, UK - United Kingdom, (Home/Mobile)

### **Duties included:**

- Providing one to one guidance to clients to help them achieve their fitness goals.
- Selecting the correct set of exercises for a client to achieve maximum results.
- Devising fitness programmes for weight loss, muscular gain and rehabilitation etc.
- Conducting fitness and exercise classes and demonstrating equipment.
- Responsible for initial contact with new members and promoting membership sales
- Measuring and assessing blood pressure, heart recovery rate, body fat ratio.
- Welcoming new gym members and giving general inductions to them.
- Designing and advising on dietary programmes.
- Providing personal training sessions to private clients at their home or work.
- Maintaining gym equipment and ensuring it is safe to use.
- Tracking a client's progress and accurately updating their record.
- Explaining to clients the results they can expect from particular exercise regimes.

**July 2013 - August 2013 - Fitness Professional** at Majestic Hotel, Harrogate, UK - United Kingdom, ( Hotel Spa)

### **Duties included:**

Working closely with clients to develop personalised health and fitness plans for them. Responsible for providing advice on nutrition as well as encouraging clients, giving them feedback and keeping track of their development.

Duties:

- Providing one to one guidance to clients to help them achieve their fitness goals.
- Selecting the correct set of exercises for a client to achieve maximum results.
- Devising fitness programmes for weight loss, muscular gain and rehabilitation etc.
- Conducting fitness and exercise classes and demonstrating equipment.
- Responsible for initial contact with new members and promoting membership sales
- Measuring and assessing blood pressure, heart recovery rate, body fat ratio.
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- Explaining to clients the results they can expect from particular exercise regimes.

### **Products worked with:**

VipR

Kettlebell

TRX

### **Education and Qualifications:**

#### **2013 Premier Training International**

Diploma

Level 3 Diploma in Fitness Instructing and Personal Trainin

Level 2 Diploma in Health and Fitness

Level 2 Certificate in Fitness Instructing

Level 3 Certificate in Personal Training

Level 2 Award in Instructing Circuit Sessions

Level 2 Award in Working with Communities to Promote and Support Active Healthy Lifestyles

Level 2 Award in Instructing Kettlebells

Introduction to ViPR training

Certificate in First Aid

#### **2006 Ashville College**

8 GCSEs

Maths,English,German,Physical Education,Music,Art,Dual Science. All Grades (A to C)

### **Product Training:**

**August 2013**

#### **Level 2 Kettlebell Training**

Premier Global

Understanding of how to use a Kettlebell safley and efficiently.

**August 2013**

#### **Level 2 Circuit Training Sessions**

Premier Global

Understanding of how to construct a circuit session to a group or an individual.

### **Vocational Qualifications**

- PADI Open Water Diver
- First Aid
- Microsoft Office(Word,Exel,Powerpoint,Access)

### **Hobbies and Interests**

Cycling,Reading, Music, Playing Drums, Football, Rugby, Running and Scuba Diving

