

Curriculum Vitae

Male

D.O.B. 27 August 1988

Number of years working in industry: 13 years 11 months

Candidate ID Number: 19797

Nationality: British

Language Skills:

Fluent: English

Permitted to work in: UK - United Kingdom

Position Sought: College Tutor, Fitness Professional, Membership Sales Professional

Personal Statement

With a genuine interest and passion for the fitness industry, I am an active sportsman and strive myself to be a role model for others to maximise their fitness. Great communication skills enable me to be well received and motivating to all clients.

Coupled with an ability to adapt my sought after skills and knowledge, I lead by example when training a wide range of clients to reach their goals, and have achieved success doing this.

I am confident, sociable and friendly and get on well with people from any background.

Seeking to work in International Locations

Employment History:

March 2012 - Present - Fitness Professional at (most recent employer hidden for confidentiality) Exeter, UK - United Kingdom, (Day Spa)

Duties included:

I would train clients in a 1 on 1 or group format to help them achieve their fitness goals. I would adapt my knowledge and skills to be relevant to the clients experience and needs.

I have experience training a wide range of clients from professional athletes to retirees, and am capable of motivating them to achieve their goals.

It was also my responsibility to undertake circuit classes, specialising in fat loss, core strength and overall fitness. I would adapt the classes to make them enjoyable and effective for all persons involved.

Products worked with:

Maximuscle, USN

Education and Qualifications:

2013 Premier training

Reps - level 3

Personal trainer level 3 certificate

Kettle-bell level 2 certificate

2011 University of Plymouth

Bachelor of Science in Sports Science – Strength and Conditioning -2:1 Class Honours.

Foundation degree in coaching and fitness – 2:1 Class honours

Vocational Qualifications

First aid qualified.

Safeguarding and protecting children certificate

Long term athlete development certificate

Hobbies and Interests

My hobbies include:

Rugby, Tennis, travelling, weight training, fitness

CV created at www.spastaff.com

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