# AREAS OF EXPERTISE

*Fitness consultant*

*Bodybuilding*

*Power lifting*

*Lifestyle assessments*

*Strength training*

*Nutrition*

*Gym Membership* *Sales*

# PROFESSIONAL

*Level 3 personal training*

*Advanced First Aid*  *&*

*CPR certificate* *s*

*Shock Gym Qualified*

*(Kid’s gym)*

# PERSONAL SKILLS

*Motivating*

*Excellent communicator*

*Able to network*

# PERSONAL DETAILS

*Wendy Harris*

*34 Anywhere Road*

*Coventry*

*CV6 7RF*

*T:111-22-333*

*M:111-222-33333*

*E: wendy.h@dayjob.co.uk*

*Address*

Name:

Personal trainer

PERSONAL SUMMARY

A highly competent and enthusiastic personal trainer with a proven ability to help people achieve their fitness goals. Possessing a successful track record of evaluating a client’s physical fitness, understanding their needs and then developing a practical and achievable workout routine for them to reach their targets. Possessing the necessary communication skills required to gain the trust of clients and thereby retain their business. Indeed, during the previous 12 months successfully signed up over 220 new gym members. Now looking to further an already successful career by working for an ambitious and exciting fitness center.

# WORK EXPERIENCE

## City Centre Fitness Gym – Coventry

PERSONAL TRAINER June 2008 - Present

Working closely with clients to develop personalized 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 programs 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 programs.

 Responsible for marketing the gym at charity events, press releases etc.

 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 exercise regimes.

KEY SKILLS AND COMPETENCIES

 Ability to successfully motivate and encourage individuals.

 Excellent knowledge of gym specialist training equipment like treadmills etc.

 Experience training various people from all kinds of backgrounds.

 Able to approach potential customers to promote a gym or fitness product.

 Experience of working in fitness centers, health clubs and hotel leisure centers.

 Achieved all goals set with clients, sales targets, member retention.

 Focused on maintaining personal training certification through continuing education.

# ACADEMIC QUALIFICATIONS

 BSc (Hons) Nutrition, Health and Fitness

***Nunation University 2005 - 2008***

 A level: Math’s (A) English (B) Technology (B) Science (C)

## Coventry Central College 2003 - 2005

REFERENCES – Available on request.