Fitness Trainer Resume Sample

Your Full Name

Sender’s Mailing Address

Sender’s Phone Numbers

Sender’s Email Address

**Professional Summary**

* Over 4 years of experience as a fitness trainer.
* NASM certified personal trainer.
* Proven ability to plan routines and observe member for changes and required plan modifications.
* Hands on experience in teaching proper breathing techniques.
* Adept at demonstrating use of gymnastics and relevant training aids.

**Core Competencies**

* Leadership
* Sales
* Fitness testing
* Client’s motivation
* Needs discovery
* Anatomy/physiology
* Customer service
* Product knowledge
* Relationship Building

**Accomplishments**

* Trained a conglomeration of elderly members in physical training activities by devising a plan suitable to age and individual capability.
* Promoted from assistant apprentice to fitness apprentice in five months following excellence in fitness program development and physical dexterity.

**Professional Experience**

Fitness apprentice

Xyz fitness club 2010-2014

* Planned exercise routines based on each member’s individual goals.
* Assisted members with routines and the use of equipment.
* Observed patients for fatigue or the needs for changing exercise plan.
* Taught appropriate breathing techniques.
* Conducted therapeutic and athletic activities.
* Maintained and serviced gym equipment.
* Followed up on member’s progress.
* Provide members with information apropos nutrition and diet plans.

**Education**

Miami University, Miami

Bachelors in physical education 2009