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|  | **Objectives**  To seek the position of Personal Trainer where I can maximize my skills and experience in promoting and delivering personal training services, ensuring clients receive personal attention, motivation, and professional state-of-the-art exercise instruction within the company.  **Qualification Highlights**   * Detailed knowledge of exercise physiology, anatomy, exercise instruction and weight lifting. * Strong ability to instruct by example and participate in fitness classes. * Remarkable knowledge of fitness assessment procedures. * Exceptional ability to perform fitness assessments including measuring body fat composition, strength, flexibility and cardiovascular functions. * Thorough knowledge and understanding of the overload principle and specificity in weight lifting. * Excellent communication skills and great ability to follow and give oral and written instructions. * Exceptional ability to work flexible hours with some weekend and holiday work.   **Professional Highlights**  **Personal Trainer 2008 to Present**  **Physio-Health Workshop, Raleigh, NC**   * Performed fitness assessments including body fat composition, strength, flexibility and cardiovascular functions. * Developed an exercise program for the participant based on fitness assessment results and the participant's personal goals. * Instructed participants one-on-one using safe and proper techniques. * Enforced the rules and regulations of the facility for the safety and welfare of staff and participants. * Conducted follow-up phone calls and follow-up fitness assessments. * Took pride in each and every client, assisting him or her in every way possible.   **Personal Trainer Trainee (under supervision) 2005 to 2008**  **Solo Body Gym, Raleigh, NC**   * Provided a comprehensive one-on-one educational fitness program that promoted a health and fitness program through realistic goal setting and education. * Accurately recorded client-training sessions for payment purposes. * Produced independent exercisers by providing them in-depth information on equipment usage, lifestyle management, and ultimately, how to design their own personal fitness program. * Communicated client program progress and problems with the Personal Trainer. * Attended all in-service trainings and meetings.   **Educational Background**   * Associate of Arts, Physical Education 2003   Ramon Hills Community College, NC  **Relevant Skills**   * Athletic Performance Improvement * Individualized & Small Group Instruction * Personnel & Performance Evaluations * Physiotherapy Practices * Training Advice & Supervision * Training Programs Development * Problem-Solving * Performance-Based Training * Presentation Development & Delivery * Competency-Based Program Development * Athletic Coaching * Strong Writing & Computer Skills * Fluent in English & Spanish   **Training**   * Personal Trainer Practical Training Program - Ralph Fitness Training Center, NC 2004 * Training & Conditioning for Sport Performance - Ralph Fitness Training Center, NC   2003  **Certifications**   * Certified Personal Trainer - Ralph Fitness Training Center, NC 2004 * Adult CPR and First Aid - Red Cross, Ralph Fitness Training Center, NC 2004   **References**  Available upon request |
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