|  |
| --- |
|  |

|  |  |
| --- | --- |
|  | 🞂**Steve Anderson**45-A Northern Avenue, Raleigh, NC 336000, United States Tel# Home (882)-224-6612 Cellular (882)-214-24401E-mail: email@example.com |

|  |  |
| --- | --- |
|  | **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 |
|  |