## Personal Trainer Sample 1

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### A. Summary

Resourceful and dedicated Personal Trainer with 10 years’ experience performing in various environments related to fitness. Very adept when it comes to counseling clients with regards to their body fat analysis, what they need in terms of nutrition, how to properly use the fitness equipment in the gym or in their personal homes, and what types of exercise are best suited for them. Excellent at conducting personalized workout routines, that are built in accordance with each and every client’s needs and expectations. First Aid and CPR certified.

### B. Working Experience

* **May 2007 – January 2017 – Mind, Body & Soul Fitness Inc. – Union, Kentucky**

**Responsibilities:** Receive every client and interview them to determine what their needs and expectations are with regards to their time at the gym. Design, develop and implement a workout routine as well as a dietary plan based on the customer’s needs which can help him or her achieve the goals he has. Encourage clients to engage in their exercises. Conduct periodic assessments to see how the workout routine is going. Support the clients in achieving their fitness goals as well as the physical appearance they are striving for. If needed, demonstrate how to perform a certain exercise. Show how to use a machine. Give advice to all clients on their nutrition and dietary needs.

**Achievements**: Managed to maximize the club’s profits by introducing Kangoo Jumps and Yoga. The memberships for these new programs were bought by more than 60% of all patrons. Organized and managed special and personal training classes for 4 local celebrities who then endorsed and recommended the club.

### C. Education and Academic Training

Graduated from Union State College in Union, Kentucky, in 2007. I have a Bachelor’s Degree in Physical Education. I majored in Exercise Science.

### D. Job Related Skills

* Expertise in fitness equipment
* Personal program development
* Able to perform personalized life and body assessments
* Weight management expert
* Yoga instructor
* Kangoo Jumps instructor
* Weight training
* Specialized in dance classes
* Familiarity with nutritional supplements
* Knowledge of Pilates

### E. General Skills

* Very sociable and likable person
* Responsible
* Discreet
* Willing to sign an NDA
* Punctual
* Optimistic attitude
* Professional
* Team player
* Great with children and elderly people