

# DAVID WARREN

Personal Trainer

## INFO

### ADDRESS

9 Wall St, New York, 10005,  
USA

### PHONE

890-555-0401

### EMAIL

email@email.com

## SKILLS

Knowledge in Nutrition

Proficient at sales

Self-motivated

Organized

Energetic and upbeat

Effective communicator

## PROFILE

High energy Personal Trainer with 8 years experience in personal and group fitness. Proven track record in motivating clients to safely achieve weight loss goals through detailed and effective diet plans. Certified ACE Instructor with CPR training and a talent for developing fitness programs that exceed revenue targets and increase memberships.

## EMPLOYMENT HISTORY

### Personal Trainer, Blink Fitness

New York

Mar 2016 - Present

Blink Fitness is an inclusive fitness brand with state-of-the-art gyms in more than 90 locations across the US. As the Personal Trainer, my core activities include:

- Preparing comprehensive diet plans based on clients' weight and health goals.
- Assisting with marketing efforts to retain existing clients.
- Leading fitness groups of 10-20 clients three times per week.
- Developing new fitness workshops. Increased new memberships by 32% by end of 2017.
- Tracking client progress using specialized software to generate accurate reports.

### Personal Trainer, Astor Place

New York

Apr 2011 - Feb 2016

NYSC Flagship Astor Place is a high-end health club in New York. As the Personal Trainer, my core activities included:

- Designing and implementing tailored fitness programs for upscale clients.
- Training 70 clients per month where 85% reached their fitness goals within six weeks.
- Advising individual clients on health, nutrition, and lifestyle changes.
- Providing clients with safe and effective exercises they can perform at home.
- Demonstrating exercises for all clients to ensure proper technique.

## **Personal Fitness Trainer, Crunch Fitness**

New York

May 2008 – Feb 2011

Crunch is a health club chain that leads the industry in fusing fitness and entertainment. As the Personal Trainer, my core activities included:

- Designing one-on-one nutritional plans for clients. More than 87% achieved their weight loss goals.
- Introducing new gym members to personal training packages and conducting tours of the health club.
- Ensuring proper use and cleanliness of gym equipment.
- Participating in PT Department meetings and promotional events.

---

## **EDUCATION**

---

**Syracuse University, Bachelor's Degree in Kinesiology**

**Certification in First Aid and CPR**

Nov 2007

**ACE Certified Personal Trainer**

Jan 2008

**ACE Certified Group Fitness Instructor**

Mar 2008