



# David Warren

Personal Trainer

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**DATE / PLACE OF BIRTH** 1995/20/03 / New York

**DRIVING LICENSE** Full

## 01 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.

## 02 EMPLOYMENT HISTORY

Mar 2016 – Present

New York

### Personal Trainer at Blink Fitness

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.

Apr 2011 – Feb 2016

New York

### Personal Trainer at Astor Place

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.

May 2008 – Feb 2011

New York

## Personal Fitness Trainer at Crunch Fitness

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.

## 03 EDUCATION

### Syracuse University

Bachelor's Degree in Kinesiology

Nov 2007

Certification in First Aid and CPR

Jan 2008

ACE Certified Personal Trainer

Mar 2008

ACE Certified Group Fitness Instructor

## 04 SKILLS

Knowledge in Nutrition

Self-motivated

Energetic and upbeat

Proficient at sales

Organized

Effective communicator