



Mandy Campbell

BOOTCAMP INSTRUCTOR

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Details

Driving license
Full

Place of birth
San Antonio

Profile

Passionate, entry-level Bootcamp Instructor with experience in freelancing assisting clients to reach tough fitness goals. Assisted one client to decrease chronic A1C blood sugar levels from 230 mg/dl to 110 mg/dl. Assisted another client in designing a routine to decrease body mass into healthy ranges over eight months.

Employment History

Certified Bootcamp Instructor, Dominist Fitness, Datteln

January 2019 — July 2021

Ran daily tasks, staffing, and marketing for the group fitness programming. Upheld an active rapport with members and improved group-class utilization by 18% by redesigning class schedules, approximating annual program budgets, analyzing and reporting program statistics.

- Instructor and sales associate in a fast-paced fitness business environment.
- Performed personalized fitness assessments for clients. Received letters of thanks from 50+ happy clients after surpassing their fitness goals.
- Exceeded sales goals by 29% average per quarter due to creating incredibly positive interactions with clients, producing active word-of-mouth.
- Used active listening skills to design personalized routines for clients.

Bootcamp Instructor , Curves Gym, Ponta Porã

July 2021 — July 2021

Gave new gym members a comprehensive outline of the equipment, going over safety and advantages of a wide array of exercises.

- Trained individual clients, helping them to achieve their fitness goals with a combination of healthy exercise, lifestyle choices, and nutrition.
- Created and led strength and conditioning classes every week for up to 20 members, highlighting high-intensity training and education.
- Designed and instructed stimulating group cycling workouts based on the five heart rate zones.

Education

Bachelor's Degree in Exercise Science, Concordia University, Concordia

July 2021 — Present

- *Surpassing expectations in Personal Training coursework.*
- *CrossFit Level 1 Instructor. Coach's Prep Certified.*

Advanced First Aid Diploma, National CPR Foundation, Miami

January 2020 — July 2021

High School Diploma, Barlow High School, Tennessee

January 2018 — December 2018

- *Varsity track athlete.*
- *Leader of the varsity cycling club*

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Skills

Cardio Training



Fitness Routines



HIIT



Client Assessments



Health & Safety



Hobbies

Skiing, Hockey, Knitting

Languages

English



Spanish



Accomplishments

- Headed group exercise classes in HIIT training, outdoor fitness, and boot camp that increased participation class numbers by over 110%.
- Managed and trained more than 140 clients for the "Stair Climb for Los Angeles" Event. 100% of those clients competed in the challenge.
- Developed, implemented, and supervised more than four training programs, profiles and results for over 70 clients.
- Took advantage of social media platforms like Instagram, recruiting five new clients weekly over six months.
- Developed three advanced circuit-style programs, integrating variations for all levels of fitness.