



# Mandy Campbell

Bootcamp Instructor

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## 01 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.*

## 02 EMPLOYMENT HISTORY

Jan 2019 — Jul 2021

Datteln

### Certified Bootcamp Instructor at Dominist Fitness

*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.

Jul 2021 — Jul 2021

Ponta Porã

### Bootcamp Instructor at Curves Gym

*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.

## 03 EDUCATION

Jul 2021 — Present

Concordia

### Concordia University

Bachelor's Degree in Exercise Science

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

Jan 2020 — Jul 2021

Miami

### National CPR Foundation

Advanced First Aid Diploma

Jan 2018 — Dec 2018

Tennessee

### Barlow High School

High School Diploma

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

## 04 SKILLS

Cardio Training

● ● ● ● ● ●

Fitness Routines

● ● ● ● ● ●

HIIT

● ● ● ● ● ●

Client Assessments

● ● ● ● ● ●

Health & Safety

● ● ● ● ● ●

## 05 HOBBIES

Skiing, Hockey, Knitting

## 06 LANGUAGES

English

● ● ● ● ● ●

Spanish

● ● ● ● ● ●

## 07 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.