



Mandy Campbell

Bootcamp Instructor

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Details

Place of birth
San Antonio

Driving license
Full

Links

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Skills

Cardio Training
● ● ● ● ● ● ● ● ● ● ● ● ● ● ●
Fitness Routines
● ● ● ● ● ● ● ● ● ● ● ● ● ● ●
HIIT
● ● ● ● ● ● ● ● ● ● ● ● ● ● ●
Client Assessments
● ● ● ● ● ● ● ● ● ● ● ● ● ● ●
Health & Safety
● ● ● ● ● ● ● ● ● ● ● ● ● ● ●

Hobbies

Skiing, Hockey, Knitting

Languages

English
● ● ● ● ● ● ● ● ● ● ● ● ● ● ●
Spanish
● ● ● ● ● ● ● ● ● ● ● ● ● ● ●

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

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.

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*

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.