

# ROBERT SMITH

## NASM Certified Personal Trainer

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Extensive and diverse sales experience with emphasis on providing professional service and delivering solutions. Proficient understanding of client requests, in order to promote a long-term business relationship of mutual benefit. Self-starter and capable of functioning with minimum supervision to attain goals. Excellent problem solving and ability to adapt to new environments.

## EXPERIENCE

### NASM Certified Personal Trainer

#### ABC Corporation - 2009 - 2011

- Passion for sport and knowledge gained as long-distance runner led to establishment of personalized health and fitness service after obtaining personal training certification.
- Assisted people 17 years and older to achieve personal training and weight loss goals.
- Trained clients in gym and outdoor settings.
- Promoted business initiative by utilizing social media network.
- Developed tailored weight loss and fitness strategies through individual consultations - explained recommendations and conducted initial fitness assessments.
- Received positive feedback from clients when they accomplished their goals - explained and demonstrated techniques and exercise regimes; monitored progress; motivated and educated customers during program.
- Assumed responsibilities of business management while partner maintained script and development features.

### CERTIFIED PERSONAL TRAINER

#### ABC Corporation - 2005 - 2009

- Work with gym clients and members.
- Conduct assessments for new clients.
- Create and implement training programs and nutrition schedules.
- Assist members in setting goals, maintained database for progress.
- Organize workouts for members that include cardio and resistance training routines.
- Help market and participate in special events to promote gym and personal training services.
- Maintain good rapport and relationships with management, co-workers, and members..

## EDUCATION

- Bachelor of Science in Finance - (University of North Florida - Jacksonville, FL)

## SKILLS

Microsoft Windows, OS X, FitWareApp, MindBody, Microsoft Office, Android devices.