

Exercise Instructor

ROBERT SMITH

Phone: (123) 456 78 99
Email: info@qwikresume.com
Website: www.qwikresume.com
LinkedIn:
[linkedin.com/qwikresume](https://www.linkedin.com/qwikresume)
Address: 1737 Marshville Road,
Alabama.

Objective

Aspired for obtaining a highly challenging and reputable position in an area of challenge and competition in that motivational skill, tremendous energy and firmness will have valuable application.

Skills

Microsoft/Windows, Customer Service.

Work Experience

Exercise Instructor

ABC Corporation - 1996 - 2001

- Helped members design a customized workout routine.
- Instructed members on the proper use of exercise equipment and free weights.
- Took and recorded Blood pressure results for those in need.
- Cleaned and maintained workout equipment.
- Developed a great relationship with the community.
- Knowledge as a bodybuilder and proper use of exercise equipment.
- Encouraged members to eat properly and maintain a healthy lifestyle.

Exercise Instructor

Delta Corporation - 2008 - 2011

- Train individuals through various stretches and exercises Increase their strength and flexibility to prepare them for their production jobs Encourage .
- Choreograph and teach Zumba dance exercise.
- Teach active older adults how to modify and actively participate in exercise.
- Teaching seniors about their health and preventing illness through exercise will forever be a long term impact Skills Used Presenting proper form and .
- July 2009 - December 2009 Position Facility Monitor Maintain Equipment Inventory Exercise Instructor Manage Outdoor Center equipment rental; .
- July 2009 - December 2009 Position Facility Monitor Maintain Equipment Inventory Exercise Instructor Manage Outdoor Center equipment rental; .
- Instruct total body exercises to a group of adult participants Constantly motivate participants and maintain a high energy atmosphere Cue various .

Education

AA in General - 1996(Lake Sumter State College - Leesburt)