

Robert Smith

Exercise Instructor/Co-ordinator

CONTACT DETAILS

1737 Marshville Road,
Alabama
(123)-456-7899
info@qwikresume.com
www.qwikresume.com

PERSONAL STATEMENT

Finishing second term and eighth year as the Mayor of the great City, Prior to being elected as career as a law enforcement officer.

SKILLS

Skin fold, Fitness Testing.

WORK EXPERIENCE

Exercise Instructor/Co-ordinator **Silver Sneakers - January 2016 - 2020**

Responsibilities:

- Showed our clients how to properly warm-up.
- Taught clients how to perform the exercise using a chair.
- Taught clients how to exercise using a thera band.
- Showed our clients how to properly cool down.
- Provided assistance to our clients when needed.
- Instructed group classes in aerobic and resistant training for obesity, diabetes.
- Monitored, record progress reports, and report red flags to program coordinator/physicians.

LANGUAGES

English (Native)
French (Professional)
Spanish (Professional)

INTERESTS

Climbing
Snowboarding
Cooking
Reading

Exercise Instructor **Delta Corporation - 2012 - 2016**

Responsibilities:

- Fun Fitness Special Olympics, Oshkosh, Spring 2013.
- o Teach total body exercise courses to local senior citizens that focus on strength, balance, flexibility, as well as joint posterity.
- hr/week, 6 months Supervisor Terri Hetrick Responsibilities included creating my own business plan and presenting it to the manager of Newberry .
- After the manager accepted my plan, responsibilities included performing my own work plan of exercises with elderly Assisted Living members, learning .
- Mature adult training program.
- Instructed proper form and technique while leading through periodized high-resistance strength training program.
- Safely administered sub-maximal testing to estimate 1RM strength.

REFERENCES

Reference - 1 (Company Name)
Reference - 2 (Company Name)

Education

B.S. in Exercise & Sports Science - (Texas State University)