Robert Smith

Gym Instructor

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

SUMMARY

Gym Instructors and trainers lead, instruct, and motivate individuals or groups in exercise activities, including cardiovascular exercises (exercises for the heart and blood circulation), strength training, and stretching.

SKILLS

Knowledge of exercise principles and technology.

WORK EXPERIENCE

Gym Instructor

ABC Corporation - 2014 – 2014

- Reported to management in need of fitness equipment maintenance and repair works.
- Motivated customers to continue exercises and help make healthy choices.
- Demonstrated or explained how to perform various exercises and routines to minimize injuries and improve fitness.
- Watched clients do exercises to ensure that they are using the correct techniques.
- Provided alternative exercises during workouts or classes for different levels of fitness and skill.
- Monitored clients progress and adapt programs as needed.
- Explained and enforced safety rules and regulations on sports, recreational activities, and the use of exercise equipment.

Gym Instructor

Delta Corporation - 2000 – 2003

- Actively counseling gym member into following the healthy lifestyle.
- Motivating the members.
- Making members regular by making regularity calls using fitness force.
- Organizing in-house competition at the peak hours if needed.
- Following zonal system.
- Focusing on renewals.
- Organize member engagement.

EDUCATION

Degree in Kinesiology

© This Free Resume Template is the copyright of Qwikresume.com. Usage Guidelines