

# ROBERT SMITH

## Independent Personal Trainer

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### SUMMARY

To obtain an Independent Personal Trainer position utilizing my exceptional communication abilities, interpersonal skills, and a desire to work in an upbeat positive environment.

### CORE COMPETENCIES

Excel, Various Computer Applications.

### PROFESSIONAL EXPERIENCE

#### Independent Personal Trainer ABC Corporation - 2012 – 2020

##### Key Deliverables:

- Developed and created fitness programs including exercise and nutrition to provide a complete program to assist customers in losing weight, gaining strength and an overall healthier fitness level.
- Followed up with customers to keep them accountable and interested in achieving their goals.
- Helped numerous clients upgrade their lives from becoming healthier by loss of fat, increased cardiovascular endurance and less reliability on medicine to keep themselves in an overall better condition.
- Used Proper form, educated them on the whys and hows to achieve their goals.
- Made working out fun by being inspirational, motivating and inspiring by being an example to clients.
- Created customized workouts for middle-aged men and women, focusing on core and general conditioning and fat loss.
- Provided training in person and via phone, text, and email.

#### Independent Personal Trainer Delta Corporation - 2009 – 2010

##### Key Deliverables:

- Marketed using networking skills and word of mouth to secure a clientele of 10-15 people at any given time Gathered a comprehensive health history, .
- Provided private and group fitness sessions Train five clients a day, four days a week Coach/train Pop Warner Junior football team three days a week.
- Texas Certified Personal Trainer, NESTA Build Clients month to month customized fitness regimens and meal plans based on clients needs.
- While Also working one on one or in a group environment with clients of all ages.
- Personal Fitness Trainer & Coach (part-time weekends mornings only) One-on-one personal training Group fitness boot camp style training Customized In-.

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- Recognized as a professional, results driven in-home trainer, maintaining anywhere from 15-24 clients, most for more than 12 months.
- Primary focus was on attracting and retaining new clients, developing customized, efficient and effective personal training programs, offering diet .

### EDUCATION

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High School Diploma

