

Wendy Harris

Personal trainer

AREAS OF EXPERTISE

Fitness consultant

Bodybuilding

Power lifting

Lifestyle assessments

Strength training

Nutrition

Gym Membership Sales

PROFESSIONAL

Level 3 personal training

*Advanced First Aid &
CPR certificates*

*Shokk Gym Qualified
(Kid's gym)*

PERSONAL SKILLS

Motivating

Excellent communicator

Able to network

PERSONAL DETAILS

Wendy Harris
34 Anywhere Road
Coventry
CV6 7RF

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DOB: 12/09/1985

Driving license: Yes

Nationality: British

PERSONAL SUMMARY

A highly competent and enthusiastic personal trainer with a proven ability to help people achieve their fitness goals. Possessing a successful track record of evaluating a client's physical fitness, understanding their needs and then developing a practical and achievable workout routine for them to reach their targets. Possessing the necessary communication skills required to gain the trust of clients and thereby retain their business. Indeed during the previous 12 months successfully signed up over 220 new gym members. Now looking to further an already successful career by working for an ambitious and exciting fitness centre.

WORK EXPERIENCE

City Centre Fitness Gym – Coventry

PERSONAL TRAINER June 2008 - Present

Working closely with clients to develop personalised health and fitness plans for them. Responsible for providing advice on nutrition as well as encouraging clients, giving them feedback and keeping track of their development.

Duties:

- Providing one to one guidance to clients to help them achieve their fitness goals.
- Selecting the correct set of exercises for a client to achieve maximum results.
- Devising fitness programmes for weight loss, muscular gain and rehabilitation etc.
- Conducting fitness and exercise classes and demonstrating equipment.
- Responsible for initial contact with new members and promoting membership sales
- Measuring and assessing blood pressure, heart recovery rate, body fat ratio.
- Welcoming new gym members and giving general inductions to them.
- Designing and advising on dietary programmes.
- Responsible for marketing the gym at charity events, press releases etc.
- Providing personal training sessions to private clients at their home or work.
- Maintaining gym equipment and ensuring it is safe to use.
- Tracking a client's progress and accurately updating their record.
- Explaining to clients the results they can expect from particular exercise regimes.

KEY SKILLS AND COMPETENCIES

- Ability to successfully motivate and encourage individuals.
- Excellent knowledge of gym specialist training equipment like treadmills etc.
- Experience training various people from all kinds of backgrounds.
- Able to approach potential customers to promote a gym or fitness product.
- Experience of working in fitness centres, health clubs and hotel leisure centres.
- Achieved all goals set with clients, sales targets, member retention.
- Focused on maintaining personal training certification through continuing education.

ACADEMIC QUALIFICATIONS

BSc (Hons) Nutrition, Health and Fitness

Nuneaton University 2005 - 2008

A levels: Maths (A) English (B) Technology (B) Science (C)

Coventry Central College 2003 - 2005

REFERENCES – Available on request.

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