

[First Name Last Name]

[City, State] | [email@example.com] | [Phone Number] | [LinkedIn URL or Personal Website]

PROFESSIONAL SUMMARY

Certified **Personal Trainer** with [X] years of experience designing individualized training programs, coaching clients across diverse fitness levels, and driving measurable improvements in strength, body composition, and overall wellness. Proven ability to build strong client relationships, maintain high client retention rates, and collaborate with multidisciplinary wellness teams. Skilled in **functional training, corrective exercise, and behavior change coaching**, with a passion for educating clients on sustainable lifestyle habits.

PROFESSIONAL EXPERIENCE

[Lead Personal Trainer] | [Premium Fitness Club]

[Month Year] – Present | [City, State]

- Design and deliver [X–Y] individualized training programs per week, integrating **strength training, HIIT, mobility work, and corrective exercise** to help clients achieve goals such as fat loss, muscle gain, and improved performance.
- Maintain client retention rates above [Z]% by conducting regular assessments, tracking progress metrics (e.g., body fat %, circumference measurements, performance tests), and adjusting programming based on data and client feedback.
- Lead small-group training sessions of [X–Y] participants using tools such as [kettlebells, TRX, battle ropes, free weights], ensuring proper technique, safety, and scalable progressions/regressions for all fitness levels.

[Personal Trainer] | [Community Fitness Center]

[Month Year] – [Month Year] | [City, State]

- Conducted comprehensive fitness consultations, including **movement screenings, posture assessments, and cardiovascular/strength testing**, to establish baselines and create tailored training plans.
- Coached [X]+ clients weekly on proper exercise technique, breathing, and training principles, reducing form-related issues and gym injuries while improving client confidence and gym adherence.
- Collaborated with [nutrition coaches/physical therapists/group fitness instructors] to coordinate integrated wellness plans, aligning training sessions with **nutrition guidance, recovery strategies, and injury-prevention protocols**.

EDUCATION & CERTIFICATIONS

[Bachelor of Science in Exercise Science] | [University Name]

[Month Year] – [Month Year] | [City, State]

- Relevant coursework: [Exercise Physiology, Kinesiology, Biomechanics, Sports Nutrition, Strength & Conditioning].

[Certified Personal Trainer (CPT)] | [Accrediting Organization, e.g., NASM/ACE/NSCA]

[Month Year] – [Month Year or "Active"]

- Additional credentials: [CPR/AED Certification], [Specialty Certification – e.g., Corrective Exercise, Sports Performance, Group Training].

SKILLS

Training & Programming: [Strength training], [Hypertrophy programming], [HIIT], [Functional training], [Mobility & flexibility routines], [Corrective exercise basics].

Client Assessment: [Movement screening], [Posture analysis], [Body composition tracking], [Performance testing], [Goal setting & progress reviews].

Coaching & Communication: [Motivational coaching], [Behavior change strategies], [Clear exercise cueing], [Client education], [Group facilitation].

Health & Wellness Knowledge: [Exercise science fundamentals], [Basic nutrition principles], [Injury prevention strategies], [Recovery and regeneration basics].

Tools & Technologies: [Gym management software], [Fitness tracking apps], [Heart rate monitors], [Wearables], [Spreadsheet-based progress tracking].

Professional Attributes: [Client-focused], [Punctual & reliable], [Detail-oriented], [Team player], [Adaptable to diverse client needs].

SELECTED PROJECTS & ACHIEVEMENTS

- Developed a [12-week transformation program] for [X] clients, resulting in an average of [X% body fat reduction] and [Y% strength increase] across major lifts, tracked through structured assessments.
- Created a [beginner-friendly gym orientation and technique workshop] that introduced new members to safe lifting techniques, leading to increased participation in personal training consultations.
- Designed a [remote coaching package] using [online training platform or app], delivering customized workout plans, video form checks, and weekly accountability check-ins for [X] virtual clients.