**Personal Trainer Resume Sample**

(xxx)-xxx-xxxx | [your@email.com](mailto:your@email.com) | 123 Your Address, City, State, Zip Code

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**RESUME PROFILE**

* ACE certified personal trainer with 11+ years of experience working with clients at gyms and fitness centers
* Corrective Exercise Specialist with NASM certification, having worked with hundreds of clients on optimizing posture, joint movement, and breathing techniques
* CPR certified, competent using multiple types of client scheduling software & applications, comfortable teaching group classes as well as private clients
* Highest client retention rate (85%) during my three years at Eagle Fitness, where I consistently helped the gym exceed its financial targets every month on the job

**PROFESSIONAL EXPERIENCE**

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EAGLE FITNESS, Sacramento, CA September 2013 - Present

*Personal Trainer & Health Coach*

* Work with 15 private clients per week
* Teach 7 group classes per week, ranging from spinning to corrective exercise lessons
* Help the gym’s most senior clients reach fitness goals, with 80% reaching their goal by the second month
* Implemented scheduling software that helped increase our client base by 20%
* Awarded trainer of the month five times during my three years tenure

FITNESS EVOLUTION,Fresno, CA September 2005 – August 2013

*Personal Trainer*

* Taught over 200 different clients, from high school football players to 85 year-old great grandmothers—customizing a unique program for each individual
* Had the largest client pool at Fitness Evolution from 2011 to 2013, making up 35% of the gym’s private clients
* Started the gym’s first corrective exercise class, which has since expanded to a three-times-a-week rotation
* Taught other trainers the fundamentals of corrective exercise

**EDUCATION**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Bachelor of Science in Physical Education, FRESNO STATE UNIVERSITY, Fresno, CA, Aug. 2005

Graduated Cum Laude | President of the CrossFit Club

**ADDITIONAL SKILLS**

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* Motivational speaker training
* Extensive knowledge of nutrition & its intimate connection to exercise
* Bilingual in Spanish and English