

Personal Trainer Responsibilities Resume Sample

[Your Name]

[Your Email] | [Your Phone Number] | [Your LinkedIn Profile] | [Your Portfolio/Website]

Professional Summary

Certified personal trainer with [X] years of experience in designing customized fitness programs, conducting fitness assessments, and providing nutritional guidance. Passionate about helping clients achieve their health goals through effective training and motivation. Skilled in injury prevention, client retention, and group training.

Key Skills

- Strength Training & Cardiovascular Fitness
- Nutrition & Weight Management
- Injury Prevention & Rehabilitation
- Client Assessment & Progress Tracking
- Group Fitness & One-on-One Training
- Online Coaching & Virtual Training
- Customer Engagement & Retention

Work Experience

Personal Trainer | [Gym/Company Name] | [Dates of Employment]

- Developed and implemented individualized training programs for over [X] clients.
- Increased client retention by [X]% through motivational coaching and progress tracking.
- Conducted comprehensive fitness assessments, resulting in tailored workout plans.
- Designed group fitness classes, attracting an average of [X] participants per session.
- Provided dietary recommendations to complement training regimens.

Fitness Instructor | [Previous Employer] | [Dates of Employment]

- Led [X] group fitness classes per week, enhancing overall gym member engagement.
- Assisted clients with weight training, cardio exercises, and flexibility routines.
- Collaborated with health professionals to optimize training plans for special populations.

Certifications & Education

- Certified Personal Trainer (CPT) – [Issuing Organization]
- CPR & First Aid Certified – [Issuing Organization]
- Bachelor's Degree in [Relevant Field] – [University Name] (if applicable)