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Manchester, UK

Henry Fitzgerald

Highly motivated and results-driven Personal Trainer with 5+ years experience helping clients achieve their fitness goals. Proven track record of designing personalised fitness programs, fostering client relationships, and delivering exceptional training sessions.

Passionate about promoting healthy lifestyles and dedicated to continuous professional development.

Education and Certification

Personal Trainer Certificate, United Kingdom
Fitness and Training Association, 2017
Bachelor of Science in Sport Science, University
of Birmingham, UK, 2016

Skills

Health and Safety Measurements
Body Composition Analysis
Tracking Vital Statistics
Equipment Knowledge
Fitness Assessment
Program Evaluation

Languages

English

Native speaker

Work experience

Personal Trainer

2020 - Present

FlexCore Fitness Hub - Birmingham

Create customised fitness programs based on individual client goals, abilities, and health considerations. Conduct thorough fitness assessments to determine clients' baseline fitness levels and track progress over time, instruct clients in proper exercise techniques emphasising safety and effectiveness, and motivate and support clients to achieve their fitness goals.

- Achieved an average 15% increase in clients' strength through tailored fitness programs, emphasising a skilful approach to meeting diverse goals and abilities.
- Drove 20% improvement in overall fitness for clients, showcasing practical guidance and motivation in their fitness journeys.

Fitness Consultant

2018 - 2020

EmpowerFit Wellness - Birmingham

Conducted personalised fitness consultations, adapted training approaches to evolving needs, led workshops on various fitness topics, and collaborated with marketing to enhance online presence.

Demonstrated adaptability by modifying training approaches as clients' needs and goals evolved, ensuring continued progress and satisfaction.

- Achieved a remarkable 90% client retention rate by building strong rapport and adapting training approaches to address evolving needs.
- Orchestrated outdoor fitness camps featuring team challenges, promoting a sense of community among participants and resulting in heightened engagement.