



# MICHAEL ANDERSON

## FUNCTIONAL FITNESS SPECIALIST

### CONTACT

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-  San Francisco, CA

### SKILLS

- functional training
- rehabilitation
- client education
- mobility training
- group fitness
- wellness coaching

### LANGUAGES

- English
- Spanish
- French

### EDUCATION

**BACHELOR OF ARTS IN KINESIOLOGY,  
STATE UNIVERSITY**

### ACHIEVEMENTS

- Successfully rehabilitated over 200 clients with various injuries.
- Awarded Best Functional Trainer in 2021 by the City Fitness Awards.
- Increased class attendance by 50% through innovative class formats.

### PROFILE

Renowned fitness coach specializing in functional training and rehabilitation, with a robust history of transforming clients' physical capabilities and lifestyles. Expertise encompasses developing progressive programs that accommodate varying fitness levels and rehabilitative needs, ensuring clients achieve sustainable results. Proficient in utilizing evidence-based techniques and cutting-edge technology to assess client progress and adjust training methodologies.

### EXPERIENCE

#### FUNCTIONAL FITNESS SPECIALIST

##### RehabFit Center

*2016 - Present*

- Created tailored rehabilitation programs for clients recovering from injuries.
- Conducted assessments to determine individual fitness levels and needs.
- Implemented functional training techniques to improve clients' everyday movements.
- Educated clients on the importance of mobility and flexibility.
- Collaborated with healthcare professionals to ensure comprehensive care.
- Developed workshops focused on injury prevention and recovery strategies.

#### FITNESS COACH

##### Urban Wellness Studio

*2014 - 2016*

- Designed and led group fitness classes focused on functional movements.
- Monitored participant progress and provided individual feedback.
- Utilized fitness technology to enhance training effectiveness.
- Promoted a positive and inclusive fitness community.
- Conducted nutrition workshops to educate clients on healthy eating habits.
- Achieved a 95% satisfaction rate among clients through tailored coaching.