



MICHAEL ANDERSON

Senior HIIT Coach

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SUMMARY

Dynamic and results-oriented HIIT Coach with over eight years of experience in developing and delivering high-intensity interval training programs. Expertise in tailoring workouts to meet the diverse needs of clients, ensuring optimal performance and engagement. Proven track record of fostering a motivating environment that encourages individuals to achieve their fitness goals.

WORK EXPERIENCE

Senior HIIT Coach **FitLife Gym**

Jan 2023 - Present

- Designed and implemented customized HIIT programs for diverse clientele.
- Conducted assessments to track client progress and adjust training plans accordingly.
- Utilized fitness technology to enhance training effectiveness and client engagement.
- Trained and mentored junior coaches, fostering a collaborative team environment.
- Organized community fitness events to promote health and wellness.
- Achieved a 95% client retention rate through exceptional service and results.

HIIT Instructor **Peak Performance Center**

Jan 2020 - Dec 2022

- Led group HIIT classes, focusing on technique and safety.
 - Developed engaging workout routines that maximized client motivation.
 - Monitored client performance, providing feedback and adjustments in real-time.
 - Initiated a referral program that increased new client enrollment by 30%.
 - Collaborated with nutritionists to offer holistic wellness programs.
 - Received 'Instructor of the Year' award for outstanding performance.
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EDUCATION

Bachelor of Science in Exercise Science, **University of California, 2015**

Sep 2019 - Oct 2020

ADDITIONAL INFORMATION

- **Technical Skills:** Client Assessment, Program Development, Team Leadership, Nutrition Coaching, Performance Monitoring, Community Engagement
- **Awards/Activities:** Increased overall client satisfaction scores by 20% through personalized training approaches.
- **Awards/Activities:** Successfully launched a new HIIT program that attracted over 100 participants within the first month.
- **Awards/Activities:** Recognized as 'Employee of the Month' for three consecutive months in 2020.
- **Languages:** English, Spanish, French