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SKILLS

- HIIT training
- Functional fitness
- Data analytics
- Client engagement
- Performance tracking
- Program customization

EDUCATION

BACHELOR OF SCIENCE IN EXERCISE
PHYSIOLOGY, UNIVERSITY OF NORTH
CAROLINA, 2017

LANGUAGE

- English
- Spanish
- German

ACHIEVEMENTS

- Achieved a client satisfaction rate of 95% in 2022.
- Increased class attendance by 40% through innovative programming.
- Successfully retained 85% of clients year-over-year.

Michael Anderson

SENIOR HIIT TRAINER

Strategic Senior Personal Trainer with a robust background in high-intensity interval training (HIIT) and functional fitness. Expertise in designing and implementing innovative training programs that cater to diverse client needs, focusing on performance enhancement and overall fitness. Highly skilled in using data analytics to track client progress and adapt training modalities for optimal outcomes.

EXPERIENCE

SENIOR HIIT TRAINER

Dynamic Fitness Studio

2016 - Present

- Designed and led HIIT classes for groups of up to 30 participants.
- Implemented performance tracking systems to monitor client progress.
- Customized training plans based on individual fitness assessments.
- Conducted personal training sessions focusing on functional movements.
- Utilized feedback to adapt classes for improved engagement.
- Collaborated with fitness technology experts to enhance training sessions.

FITNESS COACH

FitLife Gym

2014 - 2016

- Developed and implemented individualized fitness programs for diverse clientele.
- Conducted group workshops on nutrition and lifestyle changes.
- Utilized client feedback to refine training methodologies.
- Organized fitness challenges to boost community engagement.
- Maintained accurate records of client progress and outcomes.
- Trained new staff on client interaction and retention techniques.