

MICHAEL ANDERSON

Rehabilitation Fitness Trainer

- San Francisco, CA
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Motivated and results-focused Strength Training Personal Trainer with a unique background in rehabilitation and therapeutic exercise. Specializes in creating strength training programs that cater to clients recovering from injuries or managing chronic conditions. Expertise in employing rehabilitative techniques that promote healing while enhancing strength and mobility. Demonstrated success in fostering a supportive and encouraging environment for clients, empowering them to achieve their fitness goals.

WORK EXPERIENCE

Rehabilitation Fitness Trainer | Recovery Wellness Center

Jan 2022 – Present

- Developed rehabilitation-focused strength training programs for clients post-injury.
- Conducted assessments to evaluate clients' physical capabilities and limitations.
- Utilized therapeutic modalities to enhance strength training sessions.
- Collaborated with physical therapists to ensure safe and effective training.
- Monitored client progress and adjusted programs accordingly.
- Organized educational sessions on injury prevention and recovery.

Strength Training Specialist | Health Recovery Group

Jul 2019 – Dec 2021

- Provided personalized training sessions focusing on strength and rehabilitation.
- Developed client-centered programs that addressed individual recovery goals.
- Utilized adaptive equipment to accommodate various physical abilities.
- Conducted workshops on strength training for injury recovery.
- Monitored client adherence to rehabilitation protocols.
- Maintained detailed records of client progress and program adjustments.

SKILLS

rehabilitation training

therapeutic exercise

client assessment

injury prevention

program modification

health education

EDUCATION

Bachelor of Science in Kinesiology

2015 – 2019

University of Recovery Sciences

ACHIEVEMENTS

- Achieved a 90% client recovery success rate through tailored training programs.
- Recognized for excellence in rehabilitative training practices at Recovery Wellness Center.
- Developed a community outreach program focused on injury prevention education.

LANGUAGES

English

Spanish

French