**LUKAS PLITT**

PERSONAL TRAINER

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**Home**: (123) 456 7890

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**Portfolio**: www. resumesbot.com

**Address**: 123 Anywhere Street, Any City

**SUMMARY**

Personal Trainer with 6+ years of experience looking for a job position in ambitious fitness club to realize a potential. 2-time winner men's physique and Mr. Olimpia. Strong communication skills help me to grow a strength connection with every client.

**EDUCATION**

Ashland University

*AAS in Personal Trainer, Class of 2014*

* President of Ashland University Student Sport Organization
* Member of Ashland University Quidditch Team
* Member of Ashland University Baseball Sport Club
* Member of Ashland University Swimming & Diving Sport Club

American College of Sports Medicine (ACSM)

*Graduated Class of 2010*

NCCA Accredited Programs: Certified Personal

Trainer (CPT)

**SKILLS**

* Self-promotion
* Passion and determination
* Knowledge of the industry
* Friendly personality
* Open minded
* Patience
* Ability to measure training effects over time
* Ability to monitor progress toward goals and adapt/adjust program

**AWARDS & CERTIFICATIONS**

* 1-st place on Mr. Olimpia
* 1-st place on Men's physique
* 3-rd place on the 10th National Fitness Awards
* ACSM, ACE certifications

**EXPERIENCE**

Personal Trainer

*The Atlantic Club Manasquan | 2015 - Present*

* Conducted service appointments with members which included body fat analysis, nutritional counseling, proper use of fitness equipment, proper form of exercises, etc
* Motivated and inspired clients to get results through goal setting
* Monitored participants to ensure safety and well being

Personal Trainer

*Real Body Fit | 2010 - 2015*

* Developed individualized exercise programs consistent with the members’ personal fitness and exercise goals
* Provided hospitality to all members
* Helped maintain equipment and general studio cleanliness during and after class