

Blaze Dragon

(607) 123-4567 | RedDragontraining@gmail.com

Education:

State University of New York at Cortland (SUNY Cortland), Cortland, NY

Masters of Science: Exercise Science

Expected May 2025

Bachelors of Science: Fitness Development

May 2024

Tompkins Cortland Community College, Dryden, NY

Associates of Science: Environmental Studies

May 2022

Professional Experience:

Personal Trainer

Dragon Training- Personal Trainer and Wellness Coach, Freeville, NY

September 2023 – Present

- Instruct clients in physical fitness through constructing exercise and training geared towards their ultimate goals
- Analyze client's initial mobility and functionality tests to establish different workout routines geared towards the clients' abilities
- Motivate and encourage clients to meet their goal by creating a progressive and positive workout environment
- Conduct individual coaching sessions with clients to develop accurate fitness goals that ultimately stimulates and encourages progress in the gym and everyday life
- Advise client on nutrition, health, and lifestyle changes geared towards meeting their ultimate goals
- Teach clients the importance of safety regulation within the workout environment
- Maintain a clean and organized workout environment by cleaning and arranging equipment regularly
- Record and create reports of client's workouts to analyze progress and adjust workouts for further progression

Gymnastics/ Ninja Zone Coach

Finger Lakes Gymnastics Center - Coach, Ithaca, NY

December 2023 – June 2024

- Guided groups of 6 children between the ages of six-and-twelve through warm-up and dynamic stretching routines to increase fine and gross motor skill development
- Developed strength, speed, stamina, agility, and self-confidence through obstacle course training
- Influenced children to follow directions, listen, and not speak out of order
- Communicated with parents at the end of classes to establish and encourage the understanding of training and what is expected within the environment
- Collaborated directly with co-workers to create a positive, diverse, and inclusive work environment for all involved

Fitness Development Department

SUNY Cortland Personal Training Internship (360 hours), Cortland, NY

January 2024 – May 2024

- Observed how to create programming geared towards clients' specific needs and goals
- Learned how to develop and manage excel sheets to enhance workout effectiveness
- Trained clients on various platforms including in-person and virtually

SUNY Athletics Department

SUNY Cortland Strength and Conditioning Intern (Football), Cortland, NY

September 2023 – December 2023

- Facilitated practices and workout routines to enhance players strength, conditioning, mobility, and skill development
- Established a positive workout atmosphere by developing interpersonal relationships with athletes
- Implemented an inclusive and progressive training environment by developing activities with head coach
- Encouraged athletes to maintain and promote healthy lifestyle habits including sleep, nutrition, and hygiene

Certifications:

NASM Certified Personal Trainer CPT

In Progress

Abuse Preventions Systems Certificate

2024

Ninja Sports International Level One Certified Coach

2024

CPR/AED/First-Aid Certification

December 2023