

# Buff E. Muscles

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## Professional Skills Profile

- **Certified Health Fitness Specialist**
- Excellent Interpersonal Skills
- Organization and Administration skills
- Fluent in Spanish
- Team Development
- First Aid/CPR Certification
- Management and Leadership
- **Certified Inclusive Fitness Trainer**
- Knowledge of aerobic and anaerobic energy systems

## Education

**B.S. Exercise Science**, *Liberty University*, Anticipated May 2013

Lynchburg, VA

- **Specialization:** Fitness Specialist
- **GPA:** 3.87/4.0 overall
- **Honors:** Dean's List
- **Language Proficiency:** Spanish

## Exercise Science Experience

**Fitness Specialist**, *Gold's Gym*, September 2010-Present

Lynchburg, VA

- Design and implement fitness programs for 40 gym members incorporating both aerobic and anaerobic exercises
- Manage and maintain client records tracking the success of fitness programs
- Provide excellent customer service and communication to new members increasing retention by 7% in the first year

**Adventure Education Intern**, *Union League Boys & Girls Club*, June 2011-August 2011

Salem, Wisconsin

- Trained, developed, and recruited camp staff to fulfill all adventure education stations
- Initiated new curriculum for 100-150 new campers to maintain an engaging adventure experience
- Co-led a team of 4 interns responsible for motivating and encouraging camp staff to participate in extracurricular activities

## Certifications and Affiliations

- **First Aid/CPR (Adults, Child, Infant)**, American Red Cross, certified May 2012
- **Inclusive Fitness Trainer**, American College of Sports Medicine, January 2012
- **Health Fitness Specialist**, American College of Sports Medicine, July 2011
- **American College of Sports Medicine**, May 2010

## Volunteer/Community Service Experience

- Volunteered 45+ hours to raise awareness for the *March of Dimes*- Chicago, IL
- Volunteered 200+ hours in a city park revitalization effort- Lynchburg, VA
- Volunteered 150+ hours to teach fitness at a local retirement facility- Lynchburg, VA