

Samuel Navarro

Alpharetta, GA / Charlotte, NC | contact@samuelnavarrofitness.com

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Summary

Personal Trainer with 2 years of comprehensive experience preparing and delivering fitness programs based on clients' goals. Friendly and motivational to set positive energy and tone. Skillful in creating actionable fitness plans for clients at all levels.

Experience

SN Fitness, Alpharetta, GA / Charlotte, NC

January 2020 to Current

Personal Trainer

- Tailor workout routines to avoid injuries, maximize effort, and facilitate client attainment of personal fitness goals.
- Communicate with clients to determine goals and performed client assessments.
- Lead, instruct, and motivate individuals during cardiovascular exercise and strength training activities.
- Built and continually expanded knowledge and expertise on latest fitness trends and programs and kept training sessions fresh and interesting.
- Work closely with S&C coaches on strategies for preventing injuries and maximizing performance for athletes.

Road To Hire, Indian Land, SC

June 2021 to July 2021

Intern

- Learned advanced work such as coding and website creation/design.
- Exercised professional development skills via role playing, simulations, activities, and team exercises.
- Demonstrated enthusiasm and strong communication skill, remaining open to learning new things every day.
- Collaborated with team and leaders to complete assignments/objectives in a virtual environment.

Skills

- Time management
- Fluent in Spanish
- Adaptability
- Responsibility
- Communication
- Nutrition and weight loss management
- Designing exercise programs
- Exercise equipment operation
- Strength and conditioning
- Hypertrophy training

Education

Queens University of Charlotte

Expected May 2025

Bachelor of Science: Exercise And Sports Science

Charlotte, NC

- 3.8 GPA
- Dean's list