

# Samuel Navarro

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Alpharetta, GA / Charlotte, NC | [contact@samuelnavarrofitness.com](mailto:contact@samuelnavarrofitness.com)

[LinkedIn](#) | [samuelnavarrofitness.com](http://samuelnavarrofitness.com) | [@snfitness](#)

## Summary

Hybrid personal trainer with 2+ years of comprehensive experience preparing and delivering fitness programs based on clients' goals. Skillful and passionate in instructing & creating actionable fitness plans for clients at all levels. Working towards a mission of transforming lives through fitness, nutrition, and health literacy.

## Experience

**SN FITNESS**, Alpharetta, GA / Charlotte, NC

January 2020 to Current

*Hybrid Personal Trainer*

- Helped over 25 people (from teens to middle-aged) lose lbs of fat, gain lbs of muscle, create an action plan for attaining their goals, and build healthy habits in their fitness & nutrition.
- Tailor workout routines based on individual questionnaires to avoid injuries, maximize effort, and facilitate client attainment of personal fitness goals.
- Communicate with multiple (3-5) clients to determine goals and performed client assessments every week.
- Lead, instruct, and motivate individuals during cardiovascular exercise and strength training activities.
- Continually expand knowledge and expertise on the latest fitness trends and programs too keep training sessions fresh and interesting through research, attending seminars/workshops, watching videos, and taking classes.
- Work closely with local S&C coaches on strategies for preventing injuries and maximizing performance for athletes.
- Develop client outreach plan via word-of-mouth of current clients, testimonials, social media marketing, cold direct message, free consultation calls, and free training sessions.
- Manage 3 fitness social media accounts accumulating 455.3K accounts reached, 1.7K followers, and 63K accounts engaged within 3 months.
- Manage business website & blogs accumulating website traffic of 1.6K visitors through SEO optimization/marketing.
- Written and posted 20+ evidence-based blogs covering fitness, health, nutrition, and goal setting.
- Designed business logo & graphics, photo/video editing for promotions.

**Road To Hire**, Indian Land, SC

June 2021 to July 2021

*Project Management 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
- Emotional intelligence and empathy
- Nutrition and weight loss management
- Designing exercise programs
- Biomechanics knowledge

- Adaptability
- Leadership

- 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