

Selena Ramirez

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Profile

- Certified personal trainer with a strong education in exercise science, kinesiology, and physical education. Skilled at designing tailored fitness and nutrition plans, tracking client progress, and educating clients on health and wellness. Career highlights include improving client fitness goals by 25% and reducing injuries by 30%.

Education

- Bachelor of Science in Exercise Science | UNIVERSITY OF FLORIDA, Gainesville, FL

Professional Development

- Certified Strength and Conditioning Specialist (CSCS), National Strength and Conditioning Association
- Certified Personal Trainer (CPT), American Council on Exercise
- Performance Enhancement Specialist (PES), National Academy of Sports Medicine

Key Skills

- Client progress tracking
- Fitness training methods
- Health and wellness education
- Nutrition and diet planning
- Personalized fitness programs

Professional Experience

CERTIFIED PERSONAL TRAINER | RAMIREZ FITNESS, SAN DIEGO, CA | JUNE 2018 TO PRESENT

- Developed personalized fitness programs for over 100 clients, improving their fitness goals by 25% on average
- Monitored client progress using advanced fitness tracking software, leading to more efficient adjustments in workout plans
- Held regular educational sessions on wellness topics, increasing client knowledge and commitment to a healthy lifestyle

FITNESS INSTRUCTOR | UNIVERSITY OF SOUTHERN CALIFORNIA, LOS ANGELES, CA | JANUARY 2018 TO MAY 2018

- Expanded group fitness classes for university students and staff, increasing class attendance by 20%
- Collaborated with a team of nutritionists to provide comprehensive diet plans for clients
- Maintained CPR and First Aid certification to ensure a safe workout environment for clients