

ALEX BENNETT

(123) 456-7890 • City, State Abbreviation zip code • email@example.com • LinkedIn | Portfolio

An accomplished artist with extensive experience demonstrating perceptible growth in audience reception and project engagement through positions at DreamWorks Animation and Warner Bros. Entertainment. Art creation and development, portfolio management, and team collaboration, utilizing mastery across different artistic mediums and strong digital design skills. Holds a Bachelor of Fine Arts from the Rhode Island School of Design and a Master of Fine Arts from the Parsons School of Design. A Certified Professional Artist and Adobe Certified Expert.

Professional Experience

FITNESS INTERN | FITLIFE GYM, CHICAGO, IL
JUNE 2023 – AUGUST 2023

- Assisted senior trainers in leading group fitness sessions, helping participants improve technique and increase workout intensity
- Supported gym members with equipment usage, ensuring proper form and adherence to safety standards
- Developed personalized warm-up routines for clients, contributing to enhanced workout readiness and injury prevention

VOLUNTEER FITNESS COACH | CHICAGO COMMUNITY CENTER, CHICAGO, IL
JANUARY 2023 – MAY 2023

- Helped organize community fitness events, including yoga, boot camp, and wellness workshops, engaging over 100 participants
- Provided individual guidance to attendees, educating them on basic exercise techniques and encouraging healthier lifestyle choices
- Collaborated with community members to design low-impact exercise routines suitable for all fitness levels

Key Skills

- Personalized fitness program development
- Exercise form and technique guidance
- Client motivation and engagement
- Basic nutrition and wellness education
- Group fitness assistance
- Injury prevention practices

Education

- Bachelor of Science in Kinesiology | UNIVERSITY OF ILLINOIS
Chicago, IL | May 2023

Certifications

- Certified Personal Trainer (CPT), American Council on Exercise (ACE) | 2023
- CPR and First Aid Certified, American Red Cross | 2023