

Alex Bennett

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Profile

- Motivated and passionate certified personal trainer with a strong foundation in exercise science and physical fitness. Skilled in developing personalized workout plans, educating clients on wellness practices, and promoting a positive, results-driven environment. Eager to apply training knowledge to help clients achieve fitness goals and foster long-term health habits.

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

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

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