

CRISTIAN DAVID MADRIGAL TIQUE

PROFESSIONAL IN SPORTS SCIENCE

I am a professional in sports science, specialist in physical activity, sport and health with experience in personal training, group classes, sports management and injury rehabilitation. I have more than 4 years of experience performing training processes with different age groups, apparently healthy or with different types of pathologies, seeking the development, improvement and maintenance of their physical conditions and abilities as body composition objectives. Willing to learn, contribute and develop processes, projects, classes, trainings and events related to physical activity, sport and Fitness culture. / **Communication skills / Teamwork / Leadership / Group management / Time availability / Conversational English.**



CONTACTO

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Address::

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COMPETENCES ADDITIONAL

English

Microsoft office excel, power point, word.

Marketing

Social networks

B1

Básico

Intermedio

Básico

HOBBIES / OTROS

- **Passionate about fitness and healthy living habits.**
- **Development of content for social networks related to physical activity and health**
- **Certified English B2 AMERICAN SCHOOL WAY.**

SOCIAL NETWORKS

Enter here



EDUCATION

Physical Activity Specialist, Sports and Health

- Graduated March 2025
- Rosario University - Postgraduate

Professional in Sports Sciences and Physical Education

- University of Cundinamarca -
- Undergraduate Graduate March 2023 - Emphasis on Training.



EXPERIENCE

COACH

- **Action Black | October 2024 - April 2025 |**
- Semi-personalized training, group classes. , **boxing, spinning, body pump, Tabata, HIIT**

Manager of a program for assessing physical fitness and capacity.

- **Escuela nacional del deporte Cali|** September 2024 - October 2024 |
- Development of a program to assess physical fitness and abilities, work as a trainer for evaluators, and monitor statistics and results. Evaluation of more than 100 people.

EMS Trainer, Personal Trainer

- **BiFit Boutique Fitness |** November 2022 - August 2024 |
- Prescribing routines with multidisciplinary equipment for EMS and functional training, injury rehabilitation, monitoring and evaluation, participation in online and in-person events, and creating brand content.

Personal Trainer

- **CM Trainer Independiente |** March 2021-Present |
- Assessment of physical conditions and abilities, Prescription of training routines for healthy individuals and those with pathologies, monitoring and evaluation, Online-blended, individual, group, or corporate (third-party) training; nutritional counseling

Functional Classes Trainer

- **Aqua Sport |** January - February 2022
- **2022 |** Semi-personalized and group training classes, routine follow-up



COURSES AND MASTERCLASSES

Diplomado En Administración y Legislación Deportiva

- Universidad de Cundinamarca| 2022 - 120 Hours
- Sports legislation in Colombia; organization, development, and monitoring of sporting events; analysis of public and private entities related to sports, physical fitness, and recreation.

Aid first

- Cruz Roja Colombiana| 2022 - 30 Hours
- Basic first Aid.

Free weights training

- FEIDCA | 2024 - 8 Horas
- free weights training methodology

Methodology and Training of Strength and Hypertrophy

- FEIDCA | 2023 - 12 Horas
- Strength Training Programming, Strength Training Assessment, Strength Training Prescription.