



## Eder Axel Barrios Díaz

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### **Sports World**

**June 2016- June 2020**

**Position: Sports coordinator**

Responsible for the coordination of 8 gym trainer 8 group class instructors, review of work plans for all coaches, design of sports programs, management of club resources, weekly meeting to review goals and feedback, design of clinics, design of new group class, preventive and corrective maintenance of gym equipment.

Direct manager: Jorge Barcenas

### **Grupo Integraded Transportation**

**July 2015- September**

**Position: traffic assistant**

Responsible for a fleet of 50 transport units, design of land routes for the delivery of consolidated merchandise, warehouse manager, inventory manager, billing manager, unit monitoring

Direct manager: Joaquín Vázquez

### **Upster(Santa fe)**

**October 2016-March 2017**

**Position: coach**

Responsible for physical tests design routines, review of the technique and execution of the exercises

Direct manager: Iván Martínez

### **Reto 50 Octubre**

**October 2015-March 2016**

**Position: Sports coordinator**

Responsible for the sports area, design of sports programs, in charge of physical tests for clients, meeting with the coaches to review the different sports programs, administration of resources assigned to the area, maintenance of sports equipment, meetings with the psychology areas and nutrition for design of sports programs and review of the progress of each client, in charge of different activities such as; races challenge bootcamps, in charge of selling different sports programs.

Direct manager : Yair Linares

### **Energy fitness**

**July 2015-October 2015**

**Position: personal trainer**

In charge of prospecting for personalized training, in charge of clinics, in charge of taking care of the execution of the exercises.

Direct manager: Miguel Serna

## **Sportium santa fe**

**April 2014-June 2015**

### **Position: floor trainer**

In charge of taking care of the execution and proper use of the gym equipment, in charge of preparing physical tests for clients, in charge of designing routine for the different objectives of each client, preparation of clinics.

Direct manager: María Oropeza

## **Universidad latinoamericana**

International business administration

(in progress)

**English 70%**

## **certifications**

**Competencia ECO474**

**Entrenamiento aeróbico y anaeróbico (AMED)**

**Tronco común (sport city university)**

**Biomecánica (cybex)**

**Entrenador de pesas básico (EHD)**

**Entrenamiento funcional (MARPRO)**

**Fundamentos de la industria del fitness (Central WKT)**

## **Skills**

- Adaptability
- Decision
- Proactive
- Eneavor
- Agility
- Communication
- Leadership