

ROMÁN ANDRES ORUE

PERSONAL TRAINER

 romanorue9@gmail.com

 1134433475

 PILAR, Buenos Aires

PROFESSIONAL PROFILE

Certified strength trainer with experience designing and supervising personalized training plans. Passionate about fitness and physical development, with knowledge in biomechanics, hypertrophy, and injury prevention. My goal is to help members reach their best through efficient workouts and professional advice.

TRAINING AND CERTIFICATION

Personal Trainer- IFBB ACADEMY ARGENTINA

WORK EXPERIENCE

FITNESS365-ONLINE TRAINER

Web site: www.fitness365.site

Instagram: @fitness365online

SKILLS

- Training planning and periodization
- Exercise biomechanics and technique
- Client motivation and service
- Routine adaptation for people with injuries
- Teamwork and leadership

LANGUAGE

- **Inglés:** intermedio.
- **Español:** Nativo