

JOHAN ALEXANDER OSORIO QUICENO

FITNESS TRAINER



CONTACTS

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Florencia, Bogotá, 0000,
Colombia



LINK

@johanosq99:

<https://www.instagram.com/johanosq99?igsh=MWx...>

SKILLS

- Nutrition Planning
- Sports Conditioning
- Exercise Programming
- Cardiovascular Training
- Anatomy
- Weight Training

LANGUAGES

English

Aleman

DRIVING LICENSE

ABOUT ME

I am a dynamic leader with a proactive approach and a strong emphasis on empathy. My skills in leadership, marked by the ability to inspire and motivate teams, have consistently driven successful outcomes. I am dedicated to fostering a collaborative environment that empowers individuals to thrive and achieve their goals. Let's work together to create impactful solutions that make a difference.

WORK EXPERIENCE

Sales Advisors, Koaj Permoda, Florencia

Nov 2021 - Jan 2022

I worked in customer service, sales, and merchandise warehouse organization.

Fitness Trainer, Fit Way Gym , Bogotá

Apr 2022 - Sep 2023

I developed personalized training plans for the users. From children to elderly people. Also I have experience in customer service and sales.

Trainer Fitness, Ru2 Gym, Florencia Caquetá

Sep 2023 - Present

I developed personalized training plans for the users. From children to elderly people. Also I have experience in customer service and sales.

EDUCATION

Associate of Applied Science, FHI INSTITUTE, FLORENCIA

2024

Master course on training for all ages with an emphasis on gym training

Associate of Applied Science, SENA, FLORENCIA

2023

Course on the fundamentals of sport training. With an emphasis on improving body composition.

Associate of Applied Science, PowerExplosive, Florencia

2022

Course on muscle hypertrophy methods.

Associate of Applied Science, PowerExplosive, Florencia

2022

Driving license category

a2,b1,c1

Biomechanics applied to basic strength training exercises

Associate of Applied Science, Healthly Sports, Florencia

2020

Sports nutrition applied to sports.

Associate of Arts, Universidad de la Amazonia, Florencia

2020

Completed 3 semesters in Physical Education, Sports, and Recreation.

- Developed skills in leadership and team dynamics through coursework.
- Applied practical knowledge for improved physical performance outcomes.