

FACUNDO MIGUEL DOMÍNGUEZ VIDES

 Córdoba, Argentina

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 Facundo Dominguez Vides

EDUCATION

University Technician in Physical Activity and Fitness - UCASAL, Salta, Argentina. Graduated on February 21, 2025 (Degree in process).

Relevant trainings: Digital marketing for coaches; First aid and CPR; Personal trainer and bodybuilding instructor, CrossTraining and HIIT, International Taekwondo Instructor ITF I Dan; Functional training specializing in HIIT; Education and sports nutrition; Private security and security guard.

In progress: Diploma in physical preparation

PROFESSIONAL EXPERIENCE

Balneario Aero Club, Orán 11/2015 - 3/2019
Lifeguard

I ensured the safety of people in swimming pools with the utmost attention to always be alert and able to prevent accidents, perform rescues in dangerous situations, and provide first aid in case of emergency.

- Physical and mental strength to swim long distances and maintain serenity in stressful situations
- Quick response capacity to act efficiently in critical situations and under pressure
- Ability to work in a team to ensure the safety of the environment.

School MB, Orán 7/2018 - 11/2022
School Martín M. Guemes, Salta (Gym Morrison) 6/2023 - 12/2024

Instructor of Taekwon-Do ITF

I taught techniques and principles of this martial art, guiding students in their physical, mental and technical development. In addition to promoting discipline, respect and confidence, I encourage the personal growth of students and prepare them for competitions or grade exams.

- In-depth knowledge of taekwondo techniques and have the ability to transmit them effectively to students of different levels.
- Inspire students to do their best and overcome their limits, modeling the core values of the discipline such as; perseverance, respect, self-control, among others.

Online and face to face independent 10/2022 - Currently

Gym Powerhouse, Salta 6/2023 - 12/2024

Focus Gym y Fitness, Orán 12/2024 - 03/2025

Personal trainer, bodybuilding, functional-hiit and crosstraining instructor

I design and direct exercise programs tailored to individual or group needs and goals, whether to improve health, fitness or sports performance. So as a trainer I motivate my clients through effective techniques, personalized attention and constant teaching of healthy habits.

- Increasing clients' physical performance, achieving measurable improvements in strength, endurance, flexibility or in their athletic field
- I help clients achieve important changes in their physical condition and mood, such as significant weight loss, strength gain, post-injury recovery and even daily living habits.

SKILLS

Computational: Microsoft Office Suite, Google Tools, Meta, Trello, Canva, Adobe Express, CapCut, WordPress, Adalo, SEMrush, Mailchimp, HubSpot, Hootsuite

Languages: English (advanced C1)

Social: Attentive and observant, punctual, empathetic, patient, communicative and decisive, responsible and organized, continuous learning, good presence, leadership and motivational skills, teamwork and collaborative.

ABOUT ME

My approach is based on promoting a healthy, sustainable and effective lifestyle, combining all my trainings for a good physical and mental development. I work with commitment, strategic planning and adaptation to different contexts and tasks assigned to me, offering face-to-face or virtual trainings according to individual needs. I also rely on digital tools to improve communication, monitoring and planning of training programs, as well as to adapt to the context of this time. I consider myself a proactive person, with an attitude always oriented to add, learn and adapt to the challenges that arise. I value teamwork, respect and perseverance as pillars to grow both personally and professionally. I believe in daily effort and the possibility of continuous improvement, even in the most demanding environments.