



ANDRES FELIPE ARAUJO MAESTRE

FITNESS INSTRUCTORS

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ABOUT ME

As an experienced Personal Trainer with a robust four-year tenure at Riohbox, I bring a wealth of expertise in physical conditioning and effective communication. My professional journey was further solidified by obtaining a Personal Trainer Diploma in 2024, which honed my organizational skills, technical knowledge, team collaboration, and time management abilities. I am eager to join a dynamic team where I can leverage my skills to contribute to the success and well-being of clients.

EDUCATION

HIGHER NATIONAL DIPLOMA

U edutin academic / riohacha / 2024

- Proficient in human biomechanics comprehension and nutrition concepts.
- Skilled in health, fitness, posture, and performance assessments.
- Knowledgeable in enhancing training regimens focusing on balance, speed, agility, and coordination.
- Trained in progressive basic training techniques, including the significance of warm-ups, joint mobility, and stretching.
- Understanding of the critical role of cardiovascular and strength training.

SKILLS

KNOWLEDGE OF EXERCISE SCIENCE

COMMUNICATION SKILLS

MOTIVATIONAL SKILLS

TECHNICAL PROFICIENCY

NUTRITIONAL KNOWLEDGE

LINKS

instagram : https://www.instagram.com/andros_f?igsh=MXZjbmhzNjdpem4x...

LANGUAGES

ENGLISH

WORK EXPERIENCE

RIOHBOX CENTRO DE ENTRENAMIENT
Riohacha La Guajira Present

Fitness Instructors

- Four years of robust experience leading diverse group fitness classes at a box-style gym.
- Specialized in Functional Circuits, Tabata, HIIT Cardio, Combat, Spinning, Outdoor Circuits, and TRX (Total Resistance Exercises).
- Expertise in designing Functional Circuit sessions combining strength and endurance exercises, tailored to various skill levels with equipment like weights, resistance bands, and kettlebells.
- Proficient in implementing high-intensity Tabata workouts, alternating short bursts of exercise with brief rest periods to maximize calorie burn and enhance cardiovascular capacity.
- Skilled in leading Combat classes that blend martial arts movements with aerobic exercises, improving physical strength, agility, stress relief, and participant confidence.
- Experience in conducting dynamic Indoor Cycling (Spinning) classes focused on cardiovascular endurance and leg strength, using motivational music and intensity variations to engage and challenge participants.
- Organized and executed Outdoor Circuit training in natural settings, offering refreshing and diverse workouts that combine resistance and cardio exercises.
- Specialized in TRX classes leveraging body weight to develop strength, balance, flexibility, and core stability.

GYM LA 11
Riohacha
Nov 2018 - Aug 2019

Fitness Instructors

- Specialized in free weights and machine-based training to sculpt and enhance muscle mass for clients at a gym.
- Expert in crafting customized workout routines using dumbbells, barbells, and kettlebells, tailored to individual needs and skill levels.
- Developed effective training programs incorporating various resistance machines for balanced and safe muscle development.
- Implemented targeted strategies for muscle toning and hypertrophy.

COURSES

I.C.J.A.CH.
Aug 2014 - Aug 2014

First Aid Certification

I.C.J.A.CH.
Feb 2018 - Feb 2018

Customer Support