



# OSCAR GUTIÉRREZ

## FITNESS TRAINER

### ABOUT ME

I am a very kind, dedicated and committed person. I love helping others with the support of my knowledge and I always strive to be better every day.

### WORK EXPERIENCE

- 2024- actual **GYM INSTRUCTOR**  
Seven Days Gold / Morelia  
Perform routines and support users with technique for the correct use of the equipment
- 2021 - 2024 **COORDINATOR/PHYSICAL TRAINER**  
Morelia FC  
I coordinated the football academy and carried out the physical sessions for children, youth and senior women of the academy.
- 2020 - 2022 **COORDINATOR OF FOOTBALL TRAINING SCHOOLS**  
Ates Morelia RC Liga TDP FMF / Morelia  
I coordinated coaches and designed the training system for the club's participation in the Mexican Football Federation's Third Professional Division.
- 2020 - 2021 **TECHNICAL DIRECTOR OF ATLÉTICO HALCONES**  
Atlético Halcones / Morelia  
I made training plans focused on football and led the team in friendly and official matches.

### ADDITIONAL COURSE

YouTube | Creator Academy

Google Digital Garage

Marketing Digital  
diploma online gratis certificado por Google

FUTBOLMETRO Federación Mexicana de Fútbol

JUGAMOS TODOS  
Ganamos Juntos  
La importancia de la EF y el deporte en la nueva normalidad

FUTBOLMETRO Webinars

### EDUCACIÓN

**BOXING COACH**  
INAF International Institute of Sports Fitness and Nutrition

2024 - 2025

**BODYBUILDING AND FITNESS TRAINER**  
INAF International Institute of Sports Fitness and Nutrition

2024 - 2025

**SOCCER SPECIALTY**  
Universidad Monter

2018 - 2020

**MASTER'S DEGREE IN SPORTS TRAINING**  
Universidad Monter

2018 - 2020

**BACHELOR'S DEGREE IN COMMUNICATION SCIENCES**  
Universidad Monter

2011 - 2015

### HOBBIES

Fútbol



Movies



Gym



Reading



Travel



Phone

(+52) 4432 07 77 94

Email

oscarjgutierrez\_p@outlook.com

Address

Fuente de Villalongín # 11  
colonia Fuentes de Morelia,  
Morelia, Mich  
zip codet 58088