



Andrés Esquivia

ENTRENADOR FÍSICO

CONTACT

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ABOUT ME

Dedicated and results-driven Personal Trainer with over 10 years of experience helping individuals transform their bodies and achieve their fitness goals. Expertise in strength training, weight loss, muscle building, and customized workout programs. Passionate about motivating clients and providing tailored fitness plans based on their unique needs. Fluent in Spanish and proficient in English (B2 level).

➤ CERTIFICATIONS & SKILLS

-  CERTIFIED PERSONAL TRAINER
EDUTIN ACADEMY
-  STRENGTH & HYPERTROPHY
TRAINING
-  WEIGHT LOSS & NUTRITION
GUIDANCE
-  FUNCTIONAL TRAINING & INJURY
PREVENTION
-  CLIENT MOTIVATION & GOAL SETTING
-  BILINGUAL: SPANISH (NATIVE) |
ENGLISH (B2)

➤ EXPERIENCIA LABORAL

- PERSONAL TRAINER | FREELANCE
- BARRANQUILLA, COLOMBIA 2013 - PRESENT
- DESIGNED AND IMPLEMENTED CUSTOMIZED TRAINING PROGRAMS FOR CLIENTS OF ALL FITNESS LEVELS.
- HELPED OVER [100] CLIENTS ACHIEVE THEIR FITNESS TRANSFORMATIONS THROUGH TAILORED WORKOUT AND NUTRITION GUIDANCE.
- CONDUCTED ONE-ON-ONE AND GROUP TRAINING SESSIONS FOCUSED ON STRENGTH, ENDURANCE, AND WEIGHT LOSS.
- PROVIDED EXPERT GUIDANCE ON NUTRITION, RECOVERY, AND INJURY PREVENTION TO MAXIMIZE RESULTS.
- BUILT A STRONG ONLINE PRESENCE THROUGH FITNESS CONTENT CREATION ON INSTAGRAM (@ESQUIVIAFIT), EDUCATING FOLLOWERS ON EXERCISE TECHNIQUES AND SUPPLEMENTATION.

