



CONTACTO

 Tel: 56-35-52-89-01

 ababisai@gmail.com

 México City

PROFILE

Within the work activities I have carried out, I have stood out for my excellent attitude of service and ability to learn quickly, which is why the organizations in which I have worked have allowed me to increase my responsibilities, and in this way I have improved my skills.

I am looking for a job opportunity with which I can continue to develop my career. I consider myself a person with a capacity for learning, efficient, mentality oriented to quality and service.

LANGUAGES

Spanish 

English 

Portuguese 

SKILLS

1. Responsibility
2. Teamwork
3. Focus on results
4. Organization
5. Analytical Capacity
6. Proactivity
7. Honesty
8. Loyalty

ABRAHAM HERNANDEZ

Trainer/Fitness Instructor

EDUCATION

High School

E.N.P. #5 José Vasconcelos | 1995 - 1998

Área Económico- Administrativo

PROFESSIONAL

AIR FORCE ACADEMY (Paratrooper)

PROFESSIONAL EXPERIENCE

PHYSICAL PREPARATION TRAINER & GYM PRO

Instituto Tecnológico y de Estudios Superiores de Monterrey (CCM) January 2012 - September 2023

Address: Calle del puente #.222 Ejidos de Huipulco, Tlalpan, D.F. Campus Ciudad de México Tel.:55-54-83-1505

Boss: Master. Antonio Torres Cisneros (Coordinator/Manager)

Telephone number: 5554831505 aatorres@tec.mx

GYM TRAINER & FITNESS INSTRUCTOR

Universidad del Valle de México Tlalpan | January 2015 – December 2018

Address: Club Atlas #25 Col. Villa Lázaro Cárdenas, Tlalpan.

Boss: Master. Samuel Colín (Manager)

Telephone number: 55-26-52-1247 jose.colinh@uvmnet.edu

PERSONAL TRAINER & FLOOR INSTRUCTOR

Hotel Royal Pedregal | June 2007 - November 2009

Address: Periférico Sur 4363, Jardines en la montaña, Tlalpan, D.F Tel. :55-54-49-40-00 Ext.:6950

Boss: Patricia de la Cruz (Coordinator)

AU PAIR (VISA J1)

USAUPAIR | March 2006 - May 2007

Address: 2413 S. Holland St., Lakewood Co. 80227

Telephon.: 0013034632897

Contact: Mathew & Kimberly Bitter

GYM PRO AND FITNESS INSTRUCTOR

Club Alemán de México | February 2005 - March 2006

Address: Aldama #153 Col. Tepepan, Xochimilco, D.F.

Tel.: 55- 56-41-60-00 Ext.:1506

Boss: Leticia Cruz (Manager)

GYM INSTRUCTOR

Taurus Gym | 2002 a 2005

Address: Redención #150, Jardines del sur, Xochimilco, D.F.

Boss: Guillermo Gutiérrez (Administrador)

PARATROOPER SOLDIER

MEXICAN AIR FORCE | 1998 -2001

Address: Military Base #1

ABRAHAM HERNANDEZ

CERTIFICATIONS/COURSES

- Individual Basic Training Course (*SEDENA*)
- Basic Skydiving Course (*SEDENA*)
- C.P.R. Course (*APER*)
- Aeromedical Course for Private Pilot (*SCT*)
- Aeromedical Course for Commercial Pilot (*SCT*)
- Physical Constructivism Instructor Certificate (*SEP-AFAA*)
- Muscle Strength and Endurance Course (*Life-Fitness*)
- Preschool Teacher (*American College of California*)
- First Aid Course (*S.S.P.D.F.*)
- . Diploma in Educational Guidance Counseling (*ITESM*)
- . Professional Imaging (*ITESM*)
- . Congress in Sports Medicine (*A.D.F.M.D. & F.M.M.D. & I.N.R.*)
- . Functional Training Module I (*SSS & CONADE*)
- . Functional Training Module II (*SSS & INDEPORTE*)
- . Service Marketing (*ITESM*)
- . Suspension Training
- . International Conference on Educational Innovation (*ITESM*)
- . Module I American Football Coach (*Sicced – CONADE*)
- . Double Goal Coaching (*Positive Coaching Alliance*)
- . Special Olimpycs Monitor (Special Olimpycs)
- . American Football Coaches Clinic (*ITESM*)
- . Specialization in Strength Training (*FMECFD & ACFCM*)
- . Olympic Weight Lifting Clinic (*ITESM*)