



- ✉ lividiskyivan@gmail.com
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I am a committed and passionate trainer in the world of fitness and bodybuilding. I have over four years of training experience and one year of experience in developing personalized training programs tailored to the needs and goals of the more than 20 clients I have worked with.

IVÁN VLADIMIR ARIEL LIVIDISKY

PERSONAL TRAINER

LABORAL EXPERIENCE

Functional training coach

- Planning and execution of functional group circuits.

Bodybuilding-focused trainer.

- Planning and adapting personalized routines, progress monitoring.

EDUCATION

2014 - 2019 Secondary education.

- Instituto José C. Paz

2025 - In progress.

- Bachelor's degree in kinesiology

2024

- Bodybuilding instructor and personal trainer - CEAFI

LANGUAGES

- English: Advance
- Spanish: Native

SKILLS

- Training planning
- Nutrition plans
- Group management
- Update on more efficient training methods