Julian Torres Casilimas – Curriculum Vitae

# About Me

My experience spans various disciplines and levels, from beginners to advanced athletes. This has allowed me to develop a comprehensive approach for each client, tailoring routines to the specific needs of each individual. I not only master the technical aspects of training, but I also understand the importance of mental and motivational support to achieve lasting results.

# Skills

- Weightlifting and Strength Training – Expert

- Functional Training – Expert

- CrossFit – Advanced

- Physical Activity in Aquatic Environments – Advanced

- Fitness – Expert

- Biomechanics and Human Movement Physiology – Advanced

- Sports Planning (Amateur and Professional) – Expert

- English – Proficient

# Languages

English – Good

# Hobbies

Trekking – Hiking – Trail Running – Climbing

# Work Experience

Physical Trainer
Evolution Spa Gym
Aug. 2018 – Dec. 2019
Cali, Colombia
Fitness and group class center.

Resident Trainer
Shark X Gym
Jan. 2020 – Present
Cali
Directed training center covering various disciplines such as CrossFit, bodybuilding, running, and high-performance amateur or advanced individuals.

Physical Trainer
Terra 47
Jan. 2023 – Apr. 2024
Calle 53 #7-88, Cali
CrossFit, fitness, weightlifting, and gymnastics club.

# Education

Bachelor’s Degree in Sports
National School of Sport University Institution
2021 – 2024
Panamericano, Cali

International Diploma
College of Professional Graduates in Sports Training
2023 – 2023
Cancun, Quintana Roo

Diploma in Physical Conditioning Through Basic Actions
YUSTIMANIA / Indervalle
2018 – 2018
Cali, Valle
Topics: Pilates, nutrition, choreographed combat techniques, strength training and powerlifting, anthropometry, aquatic physical activity, military training, sports massage, customer service.

International Seminar
Anahuac Cancun
2023 – 2023
Cancun, Mexico
International Seminar on Athlete Preparation Before Competition

# Contact

Julian Torres Casilimas

Email: Juliantc0901@gmail.com