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

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