

# LATEASHA PESKIN

Fitness Trainer

[lateasha.peskin@gmail.com](mailto:lateasha.peskin@gmail.com)

(882) 596-6830

1234 Sunflower Lane, Wichita, KS 67205



## PROFILE

Dedicated Fitness Trainer with 1 year of experience in providing personalized workout plans, demonstrating proper exercise techniques, and tracking client progress. Highly skilled in conducting fitness assessments, designing tailored exercise programs, and motivating clients to achieve their fitness goals. Committed to promoting healthy lifestyles, educating on injury prevention, and staying updated with the latest industry trends. Excellent communication and interpersonal skills, with a proven ability to establish strong rapport with clients and fellow fitness professionals.

## LINKS

[linkedin.com/in/lateashapeskin](https://www.linkedin.com/in/lateashapeskin)

## SKILLS

Plyometrics

HIIT (High-Intensity Interval Training)

TRX Suspension

Kettlebell Training

Tabata Protocol

Functional Movement Screening (FMS)

Myofascial Release

## LANGUAGES

English

Mandarin

## EMPLOYMENT HISTORY

### Head Fitness Trainer at Kansas Personal Training, KS

May 2023 - Present

- Implemented a new training program that increased client retention by 35% within the first year, leading to a 25% increase in overall revenue for Kansas Personal Training.
- Developed and launched a successful marketing campaign targeting local businesses, resulting in a 40% increase in corporate clients and a 30% boost in overall membership numbers within six months.
- Trained and mentored a team of 10 fitness trainers, leading to a 100% pass rate on their national certification exams and an overall improvement in client satisfaction ratings by 20%.

### Assistant Fitness Trainer at Wichita Fitness Coach, KS

Aug 2022 - Apr 2023

- Successfully increased client retention rate by 35% within six months through the development and implementation of personalized workout plans, regular progress assessments, and strong client-trainer communication at Wichita Fitness Coach, KS.
- Led a team of junior trainers in organizing and executing a community fitness event that attracted over 200 participants, resulting in a 25% increase in new memberships for Wichita Fitness Coach, KS.
- Streamlined the onboarding process for new clients by creating a comprehensive fitness assessment protocol, reducing client dropout rates by 20% and increasing overall client satisfaction at Wichita Fitness Coach, KS.

## EDUCATION

### Certified Personal Trainer Diploma at Wichita State University, Wichita, KS

Sep 2018 - May 2022

Relevant Coursework: Anatomy and Physiology, Exercise Science, Nutrition and Weight Management, Fitness Assessment and Program Design, Strength Training Techniques, Client Communication, and Business Practices for Personal Trainers.

## CERTIFICATES

### National Academy of Sports Medicine Certified Personal Trainer (NASM-CPT)

Jun 2021