


# Eric Roberts

Personal Trainer

ACE-certified personal trainer and former college soccer player starting a coaching career after a year working the gym floor. Strongest with new lifters and youth athletes building base conditioning. Comfortable demoing barbell lifts, running assessments, and handling member questions on a busy floor.



## CONTACT INFORMATION

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## KEY SKILLS

- Barbell and dumbbell coaching
- Movement screens
- Speed and agility drills
- Youth athletic conditioning
- Intro session and consultation
- Trainerize app
- Friendly floor presence
- Spanish (conversational)

## PROFESSIONAL EXPERIENCE

2024 - Present

### Personal Trainer (Floor Coach), Bayshore Strength Co., Tampa, FL

- Built a starting client roster of 11 paying members within the first 6 months through free intro sessions and floor introductions.
- Run new-member assessments using overhead squat screens and 5-minute conversations on goals and injury history.
- Cover the 5am-9am floor shift three days a week, handling form corrections and equipment questions for 30-50 members per shift.
- Wrote starter strength templates for 4 first-time lifters that progressed each to a bodyweight back squat.

2023 - 2024

### Youth Soccer Conditioning Coach (Part-Time), Tampa Bay United Youth Soccer, Tampa, FL

- Ran twice-weekly speed and agility sessions for U12 and U14 squads, roughly 22 players per group.
- Designed warm-up routines that the head coach kept after the season ended.
- Tracked sprint and shuttle times across an 8-week block and shared progress reports with parents.

## EDUCATION

**B.S. Exercise Science, University of South Florida, 2024**

**ACE Certified Personal Trainer, 2024**

**CPR/AED, American Heart Association, 2024**