

LOUED PASCUA CAPISINIO

Brgy 6 Diego Silang, Butuan City, Agusan Del Norte, Philippines
E-mail: zhyracaps@gmail.com



PERSONAL INFORMATION

AGE:32
HEIGHT: 6'4

DATE OF BIRTH: OCT.10, 1987 **CIVIL STATUS:** MARRIED
WEIGHT:105Kls.

CAREER OBJECTIVE

Able to fully show off my knowledge in Fitness skills and other areas of business management as an involvement to your company.

QUALIFICATION SUMMARY

- Energetic Group Fitness Instructor and Personal Trainer with strong background in weights and body building. Highly motivated to help others reach their health and fitness goals. Promotes activities and coping methods that transform unhealthy habits and fuel healthy minds and bodies.
- Knowledge in Marketing Skills as to the fields of Selling.
- Capable of developing and sustaining professionalism within the workplace as well as public relations.

EDUCATIONAL ATTAINMENT

*Father Saturnino Urios University, Bachelor of Science in Information Technology,
2004-2006*

University Of San Carlos (Cebu), Certificate of Business in Information Management, 2006-2008

Father Saturnino Urios University, Bachelor Of Science in Business Administration Major in Marketing Management, 2008-2011

ACCOMPLISHMENTS

- *University Of San Carlos Basketball Varsity team, 2006*
- *Father Saturnino Urios University Basketball Varsity team, 2009*
- *Conducted a research study entitled The Entrepreneurial Characteristics and Business Performance of Women Entrepreneurs in Butuan City, SY 2010-2011*

❖ **Gym instructor, Butuan Fitness Gym(Alvins Gym), January 2008 to January 2015**

- Nutrition supplement familiarity
- Weight management expert
- Personal program management
- Individual life and body assessments
- Weight training
- Fitness and equipment expertise
- Personable and friendly
- Ability to impact sales through coaching.
- Compiling and maintaining a customer database that documents appropriate customer information and contacts.
- Preparing itineraries, call reports and monthly business reports with sufficient detail and in a timely manner.

❖ **i.FLEX fitness gym supervisor/fitness trainer/membership consultant, January 2015 up to present**

- Manage directory and order supplies and equipment if necessary.
- Recruit, hire, train and manage trainers and support personnel.
- Oversee the activities of trainers and gym support personnel.
- Arrange for maintenance, insurance, repairs and cleaning.
- Design and coordinate marketing campaigns for the facility.
- Design and promote activities that promote customer demands.
- Ensure that members and patrons are receiving outstanding levels of customer service.
- Carrying out health and safety checks on the equipment.

- Delivering some fitness training or coaching in sports activities.
- Using advanced management information (e.g. staff class) to improve provision and timetables and cope with fluctuations in demand.
- Helps members achieve the proper form in all exercises.
- Test and approve training achievements of members.
- Giving members fitness assessment tests.
- Assisting in the creation of member's workout program
- Reports to the Head Coach/ Management
- Gym tour and orientation to new member or prospective members
- Design and implement training programs
- Maintenance of the gym equipment/fitness area
- Informs members about any promotions or events in the gym
- Being approachable and pleasant to all members.
- Capable of performing power stretching and sports massage.

❖ **Oxygen Gym (Kuwait), March 2016 up to present**

- Instruct and motivate individuals
- Demonstrate the correct way to use exercise equipment.
- Monitor the misuse of equipment.
- Ensure the gym is clean and free of health and safety hazards.
- Develop personal exercise and diet plans.

HONORS, AWARDS, ORGANIZATION, ACTIVITIES, AND ABILITIES

- *Computer literate in Microsoft Word, power point software.*
- *Seminar, Strategic Marketing Management, January 2011*
- *Time Management seminar*
- *Customer Service training Seminar*
- *First aid and CPR Training Certificate*
- *Certificate of appreciation in participation in the "Warriors way open martial arts tournament"*
- *Level 1 Certified iFLEX Fitness trainer (Basic Anatomy, Programming)*