
















## Personal Information

-  RICHARD D. FRUTOS N.
-  richarddfn@hotmail.com
-  +593984301352
-  Canada E13-106 and  
Montevideo St.  
170103 Pichincha
-  10 de agosto de 1983
-  Quito, Ecuador
-  Driver's License Type A &  
B
-  Ecuadorian
-  Single




## SKILLS

- Kangoo Jump  
(Bouncing Boots) 
- Dance 
- Aerobic & Step 
- Cycling 

## LANGUAGE

- Spanish 
- English 

## HOBBIES

-  Travelling
-  Watch TV & Movies
-  Workout at the gym

## COURSES

-  Basic Nutrition & Diet Suggestions
-  Private /Personal Trainer

# RICHARD D. FRUTOS N.

## Professional Summary

I am an organised, efficient and hard working person, and am willing to discover and accept new ideas which can be put into practice effectively. I am a good listener and learner, able to communicate well with a group and on an individual level. I am able to motivate and direct my talents and skills to meet objectives.

## Education

- Bodybuilding Phisique and Fitness Instructor** July 2023 - April 2024  
Centro de Capacitación de Instructores Fitness, Quito, Ecuador
- Accounting and Business Administration** September 2004  
Instituto Tecnico Superior "Luis Napoleón Dillon", Quito, Ecuador
- Elemental Studies** October 1996  
Leopoldo Chavez High School, Quito, Ecuador

## JOB EXPERIENCE

- Fitness Instructor** 2019 - Present  
FUSSION FITNESS GYM, Quito, Ecuador
- Fitness Instructor** 2018 - Present  
STAMPA SPA, Quito, Ecuador
- Fitness Instructor** 2018 - Present  
CIRCULO MILITAR CORP., Quito, Ecuador

## PERSONAL REFERENCES

- Veronica Burbano**  
+593 999982964
- Jenny Toapanta**  
+593 983103738, jeitoapanta@yahoo.com
- German Morales**  
+593987312522