

# ANDRES OLGUIN

- FITNESS COACH
- FOOTBALL COACH  
(CONMEBOL PRO LICENSE)

Physical Education Teacher and Football Coach with a CONMEBOL PRO License, passionate about promoting healthy lifestyles and helping people of all ages achieve their fitness goals.



## SKILLS

- Design and implementation of personalized and group fitness programs.
- Advanced knowledge of sports training techniques and injury prevention.
- Proficiency in leading high-intensity group classes (e.g., cardio, strength training, HIIT, flexibility).
- Expertise in nutrition guidance and wellness promotion.

## WORK EXPERIENCE

### Fitness Coach

ACTIVO'S GYM (TANDIL - ARGENTINA)  
SEPT 2019 - PRESENT

- Designed personalized training programs for over 120 clients, helping them achieve specific fitness goals such as weight loss, muscle gain, and improved endurance.
- Increased class participation by 35% through creative marketing strategies and engaging session formats.
- Collaborated with nutritionists to offer holistic wellness advice, enhancing overall client satisfaction and retention.

### Fitness Coach

MOVIE GYM (ADROGUE - ARGENTINA)  
JUL 2012 - 2019

- Conducted a variety of group fitness classes, including aerobics, HIIT and stretching for groups of up to 30 participants, fostering a fun and inclusive environment.
- Designed customized strength training programs for individual clients, focusing on muscle gain, weight management, and overall physical conditioning.
- Adapted class routines to accommodate diverse cultural backgrounds, ensuring an inclusive experience for all participant.

## CONTACT INFORMATION



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## EDUCATION

### Higher Education Institute

BACHELOR OF PHYSICAL EDUCATION

### Cesar Luis Menotti Coaches School

FOOTBALL COACH (CONMEBOL PRO LICENSE)

### UCES University

HIGH-PERFORMANCE SPORTS PREPARATION