



# Diego torres

## PHYSICAL EDUCATION TEACHER AND PERSONAL TRAINER

### CONTACT



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### HABILIDADES

- Leadership
- Assertive Communication
- Asset Management
- Problem Resolution
- Reporting
- Teamwork

### EDUCATION

- Career in physical education pedagogy  
University of the Americas  
2011 - 2015
- Sports Courses
- Personal and Group TRX Instructor 2015
- Pilates Instructor 2017
- Lifeguard 2016
- Personal Trainer 2015

#### Languages

English  
Spanish

### ABOUT ME

Since 2015, I have worked as a teacher and personal trainer. I've taught in schools across Chile and worked in gyms in Sweden, the United States, Australia, and Dubai. My experience combines education and fitness, helping people learn and lead healthier lives around the world.

### WORK EXPERIENCE

October 2024 - May 2025

**Personal Trainer & Pilates Instructor – The Gym Warehouse, Dubai**  
Worked as a certified personal trainer and Pilates instructor, delivering personalized training sessions and group classes tailored to client goals in a dynamic, multicultural fitness environment.

Sep 2022 - July 2024

**Personal Trainer & Functional Training Coach – S30 Studio, Perth, Australia**  
Conducted high-intensity functional training sessions and one-on-one personal training, focusing on strength, mobility, and athletic performance for clients of all levels.

Jun - Aug 2022

**Swim Instructor – Carlile Swimming School, Sydney, Australia**  
Provided swim instruction for children and adults, emphasizing safety, technique, and confidence in the water, in one of Australia's most reputable swimming schools.

October 2021 - May 2022

**Recreation & Sports Instructor – Sea Island Resort, Georgia, USA**  
Led recreational and sports activities for resort guests, promoting wellness, fun, and engagement through structured programs and events in a luxury resort setting.

Feb 2019 - december 2020

**Group Fitness Instructor – Sturebadet Gym, Stockholm, Sweden**  
Taught group classes including Pilates, functional training, and TRX, adapting sessions to diverse fitness levels in a prestigious wellness center in central Stockholm.

March 2017 - May 2018

**Sports Instructor – Municipality of Concepción, Chile**  
Oversaw the planning and management of city-wide sports events and tournaments. Served as head of the sports administration area, promoting active lifestyles and community engagement.

March 2016 - Dicember 2016

**Physical Education Teacher – Colegio Brasil, Concepción, Chile.**  
Taught physical education to students from various age groups, focusing on motor skills development, teamwork, and the importance of physical activity in daily life.