



GUSTAVO BERNARDO

Trainer and Personal Trainer

I am a trainer and personal trainer !
How trainer i prepared 15 players of volleyball and together we won five competitions in six months and how personal trainer i helped mens and womans to search your best version, I LOVE THIS

EDUCATION

Universidade Estadual do norte do Parana

Physical Education - 2013 - 2018


Center off training Souto Maior

Postgraduation - 2022 - Injury prevention and recovery for high performance

LANGUAGES


Português

Inglês

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 Rua figueira,470 Balneário Camboriú, Brazil

EXPERIENCE

Technical manager

Mundifit Academia 2023- 2024

- Developed the team and client training program, optimizing the process, increasing student attendance and adherence by 15%
- I introduced and trained professionals for group classes
- I improved the company culture, making it sustainable in terms of people

Technical manager

Engenharia do corpo - 2020 /2023

- I managed a 3000 meter unit with a team of 10 professionals and interns
- I developed a training method that accelerated the evolution of more than 3000 students at the unit

Coach

Trainer 2018 /2024

- I have helped improve the self-esteem of over 300 people directly
- I've helped people achieve their goals in over 5 countries

SKILLS

- First aid course level 2
- Sports fitness trainer
- Running Consultant
- Triatlet