



GONZALO SANTIAGO ALBORNOZ SITJES

Fitness instructor

About Me

Dedicated personal fitness trainer with experience creating and leading personalized workout programs. Committed to fostering a supportive and results-driven environment to help clients achieve lasting health improvements.



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322 Florida Street, San Miguel de Tucuman

LANGUAGE

- Spanish
- English

EXPERTISE

- Fitness Assessment
- Personalized training plans.
- Training techniques: strength training, cardio, HIIT workouts, among others.
- Nutrition and supplementation.
- Motivation and coaching aimed at guiding clients toward their goals.
- Analysis of movement: biomechanics and physiology of exercises.
- Functional training and CrossFit.
- Rehabilitation and injury prevention.

EXPERIENCE

Jockey Fitness Center

2019 - present

Personal fitness trainer

Quara Fitness Center

2023

Personal fitness trainer

Ahualy Fitness Center

2023

Personal fitness trainer

Barrio Sur Fitness Center

2023

Personal fitness trainer

EDUCATION

UNT School of Nursing

Health Information Technician
2023

San Francisco Secondary School

1999

CERTIFICATES

Anglia certificate - Intermediate level

Rush Institute
2008

Microsoft Office complete course

Esfer courses
2004