


# ROMÁN ANDRES ORUE

## PERSONAL TRAINER

 romanorue9@gmail.com

 1134433475

 PILAR, Buenos Aires

### PROFESSIONAL PROFILE

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Certified strength trainer with experience designing and supervising personalized training plans. Passionate about fitness and physical development, with knowledge in biomechanics, hypertrophy, and injury prevention. My goal is to help members reach their best through efficient workouts and professional advice.

### TRAINING AND CERTIFICATION

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**Personal Trainer- IFBB ACADEMY ARGENTINA**

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### WORK EXPERIENCE

#### FITNESS365-ONLINE TRAINER

**Web site:** [www.fitness365.site](http://www.fitness365.site)

**Instagram:** @fitness365online

### SKILLS

- Training planning and periodization
- Exercise biomechanics and technique
- Client motivation and service
- Routine adaptation for people with injuries
- Teamwork and leadership

### LANGUAGE

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- **Inglés:** intermedio.
- **Español:** Nativo