

Esteban Emilio Aguilar

High-Performance Sports Coach

✉ estebanaguilaruaem@gmail.com

☎ +52 998 304 1834

📍 Morelos, Mexico



Professional Summary

As a physical trainer with extensive experience in preparing high-performance athletes, I stand out as a highly qualified professional in designing and implementing effective sports training programs. My approach focuses on achieving institutional goals and objectives, optimizing athlete performance through innovative and personalized methods. My commitment to excellence and adaptability has enabled me to achieve consistent results and optimal performance levels.

Work Experience

| | | |
|---|--|----------------------------------|
| Gymnastics Coach | — Alter Family Sport Center, Morelos, Mexico | <i>Current</i> |
| Coach | — Planet Fitness, Morelos, Mexico | <i>April 2022 – 2024</i> |
| Floor Coach | — Club Coral, Morelos, Mexico | <i>January 2022 – April 2022</i> |
| Swimming Instructor & Physical Trainer | — Star Fitness, Morelos, Mexico | <i>2016 – 2018</i> |
| Swimming Instructor & Physical Trainer | — Sport Life, Cancún, Mexico | <i>2014 – 2015</i> |
| Swimming Instructor | — Spirit 2, Cancún, Mexico | <i>2013 – 2014</i> |

Education

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|---|---|--------------------|
| Bachelor's Degree in Applied Sports Sciences | — Universidad Autónoma del Estado de Morelos (UAEM) | <i>2018 – 2021</i> |
| Diploma in Body Composition Modification | — Universidad Autónoma del Estado de Morelos | |

(UAEM)

2021 – 2022

Level 1 Anthropometrist Certification — International Society for the Advancement of Kinanthropometry (ISAK) 2022

Certified Weightlifting Coach — Colegio Mexicano de Entrenadores Físicos 2020

Tech & Tools

Word, Kinovea, Excel

Methodologies

HIIT Systems, Hypertrophy, Functional Training

Languages

Spanish - Native, English - B2

Soft Skills

Adaptability, Teamwork, Empathy, Customer Service, Time Management, Decision Making