



# CANU, MATIAS EZEQUIEL

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- 📅 Date of Birth: November 28th, 1998

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## PROFILE

Strength training instructor with solid knowledge of muscle physiology and biomechanics. Skilled in research (PubMed), with a focus on performance enhancement and physical well-being.

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## PROFESSIONAL EXPERIENCE

- Substitute Strength Training Instructor – SportClub Hípico Alemán. **January 6th, 2025 – March 5th, 2025**
  - Designed and led personalized training programs in the gym.
  - Assessed student progress through biomechanical analysis and physical evaluation techniques.
  - Advised clients on proper training techniques and injury prevention.
  - Reviewed muscle physiology literature via PubMed and applied relevant findings to training sessions.
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## CERTIFICATIONS

- “Dosificación y mecanismos de la hipertrofia muscular”. **HighFitness.**
  - “Masterclass de hipertrofia”. **HighFitness, Jeronimo Milo, Ariel Couceiro, Victor García.**
  - “Taller de actualizaciones en biomecánica aplicada a la hipertrofia muscular”. **HighFitness.**
  - “Fuerza e hipertrofia: El cómo y qué para cada persona”. **HighFitness.**
  - “Biomechanics”. **N1 Education.**
  - “Program Design”. **N1 Education**
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## EDUCATION

### Physical Education Teacher Training Program

**Instituto Provincial de Educación Física “Jens. P. J. Lindhard” (Provincial Institute of Physical Education)** **2018 - 2022**

- 83.72% of subjects approved.
- Partial GPA: 7.00

### School No. 44 Víctor Acuña

**2011 - 2016**

- High School Diploma in Economics
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## ADDITIONAL INFORMATION

- Training program design
- Physical performance assessment
- Research and critical analysis
- Muscle physiology
- Biomechanics
- PubMed reading
- English level: C1
- Pedagogy