



IGNACIO D'AIELLO

Physical Education Teacher

PROFILE

I'm highly motivated to work, take on new experiences and overcome new challenges.

I am passionate about training and applying my knowledge to help individuals reach their goals. That is why I make personalized and creative training plans with an adaptable suitable progression. I focus on understanding each person's needs and preferences, ensuring they feel comfortable while working towards their objectives.

I always bring enthusiasm to my work, communicate with professionalism and pay attention to every detail in the workplace.

PERSONAL INFORMATION

PHONE NUMBER: +54 2901 401080

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LINKEDIN: Ignacio D'Aiello

INSTAGRAM: @daiellonacho

BIRTH DATE: 11/01/2001

DNI: 43.130.539

LANGUAGE

English:

Nivel B1

EDUCATION

UNLZ – BACHELOR IN SPORTING HIGH PERFORMANCE

2024 – on going

ISEF nº 1 Dr. ENRIQUE ROMERO BREST

2019 – 2023

Degree in Physical Education with a specialization in muscle-building.

Average: 8,10.

Assistant Instructor for the subjects Rugby and Athletic I & II (2022 and 2023).

WORK EXPERIENCE

HAKKYO GYM – PERSONAL TRAINER - GYM

In Hakkyo Gym I have been leading functional classes since 2024.

I'm a certified Personal Trainer and provide online coaching for gym training. Some of my clients are rugby players, so I adapt their training plans to meet their specific demands.

Additionally, I have frequently worked as a substitute trainer in gyms, covering weight training areas, functional training and stretching classes. There I could comprehend that a well-organized room leads to a better-quality training session.

RUGBY PHYSICAL TRAINER – CLUB VICENTE LOPEZ

2024 – Currently

I train and support young athletes, teenagers and children, in developing physical skills and also the proper execution techniques in strength, running and olympic lifts. I promote a developmental and formative approach ensuring long-term physical growth.

ATHLETICS TRAINER - CADA

Since 2024 I have been training a group of athletes who are new to the sport and have started competing in national tournaments. Some are young teenagers (12-13 years old), while the rest are adults, who follow specialized training programs for their discipline.

TRAINING EXPERIENCE

- Participated in different athletic national tournaments in hurdles and short-distance sprinting for 10 years.
- Trained rugby for 5 years, always being updated.
- Engaged in consistent strength and conditioning training since the age of 16, applying different training methods for me and for others.
- Trained alongside the national olympic weightlifting team at university under the guidance of a national coach. Gained experience in advanced olympic lifting techniques and training methodologies (2023-24).