

# Giovanni Moreno

## PHYSICAL ACTIVITY AND SPORTS SCIENCES PROFESSIONAL - PERSONAL TRAINING SPECIALTY.

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### PROFESSIONAL SUMMARY

Highly skilled Physical Activity and Sports Science professional and Personal Training Specialty with more than 10 years of experience in fitness coaching including strength methodology training, and athletic performance. Former competitive boxer for 9 years. Studied Medicine for 2 years at Universidad de Buenos Aires. Founder of CrossFight Club, a personal training brand offering in-home and online coaching. Passionate about performance optimization and injury prevention for clients of all levels providing exceptional guests services ensuring a safe and motivated training.

### AREAS OF EXPERTISE

#### PROFESSIONAL SKILLS

Group Fitness Class Instruction (Boxing, Strength, Functional Training, indoor cycling, fit fight, GAP, rumba | Personalized training and client motivation | Injury prevention and rehabilitation guidance | High energy workout sessions | Excellent guest experience and customer service | Cross cultural communication Adaptability | Team collaboration and staff training | Nutrition and wellness advices | English level B1 (intermediate).

#### TECHNICAL SKILLS

Boxing, Crosstraining, strength methodologies and functional training techniques | Body composition following and fitness assessments | Performance tracking | Basic injury management and rehabilitation exercises | Public speaking and fitness demonstrations | Program development | Pathologies training management.

### PROFESSIONAL EXPERIENCE

#### FOUNDER - DIRECTOR - PERSONAL TRAINER

CrossFight Club (personal branding) | July 2019 – Actuality.  
Direction and development of training programs | Staff training | Customer service.

#### MANAGER - TRAINER

Brooklyn Fitboxing January 2018 – December 2019  
Manager | Physical trainer | Functional | Staff training.

#### TRAINER IN REHABILITATION, THERAPY AND SPORTS

Fisiosalud D&O February 2014 – December 2018  
Personal Trainer | Staff training | Development of training programs.

### EDUCATION

**Associate degree**, Physical activity SENA Bogotá, Colombia.

**Specialty**, Personal training, SENA Bogotá, Colombia.

**Certificate**, injuries basic attention, SENA Bogotá, Colombia.