



Martin Macheriski

WORK EXPERIENCE

As a personal trainer.

Oxy Gym (Esquel Chubut) Start date: January 2017 End date: March 2019


Symbyosis Gym (Bolson Rio Negro) Start date: March 2023
Completion date: April 2024

Genesis Gym (Esquel Chubut) Start date: May 2024 End date: July 2024


As a Bartender.

Zech (Bar located in Lomas de Zamora, Buenos Aires) Start date: July 2024 End date: October 2024

Contact Information

 Street 55 44 7 e/4 & 5, La Plata, Buenos Aires

 +54 9 2945 44-4110

 Martinmacheriski@gmail.com

Professional Summary

I worked as a personal trainer, helping people achieve their fitness and health goals. This experience allowed me to develop skills in planning exercise routines, motivating clients, and understanding basic principles of nutrition and wellness.

As a lifeguard, I practiced in various bodies of water (swimming pools, lakes, rivers and the sea).

I trained in the same career to carry out CPR maneuvers, first aid and, above all, prevention.

HOBBIES:

bartender, musician, blacksmith, etc.

SKILLS

Quick adaptation in different modalities

Good performance working as a team

Computer knowledge (excel, word, etc.)

REFERENCES

References available upon request..

EDUCATION

ACADEMIC TRAINING

Complete High school n°. 713 (2012-2017)

orientation in Humanities

Certified lifeguard (Escuela Andina)

Start date April 2023 End date: April 2024

Received Personal Trainer (AMAIP)

Start date: October 2022 end date April 2023

LANGUAGES:

English: High level in both writing and verbal.

Studies at private institute ILI (Esquel Chubut)

