

Name: Pérez Virasoro, Marcos

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Date of birth: 05-03-1992

Nationality: Argentine

Marital status: Single

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PERSONAL STATEMENT

I am a highly motivated and experienced Physical Trainer with a Bachelor's degree in Physical Activity and Sports and a Specialization in Exercise Programming and Evaluation. I have a passion for fitness and helping individuals achieve their goals. In addition to my experience in Fitness, I am a Sport lover, I have been practicing Taekwondo since I was 6 years old, and as well a huge fan of water sport Surfing, Windsurfing and Sailing. I am a team player, confident and enthusiastic who is always trying to improve and to learn new skills.

ACADEMIC FORMATION

Specialization in Exercise Programming and Evaluation (03/2019 -12/2021)

2 years of theoretical and practical courses, thesis in progress.

National University of La Plata, Buenos Aires, Argentina.

Bachelor degree in Physical Activity and Sports (2010 - 2014)

4-year degree with final thesis.

Universidad del Salvador, Buenos Aires, Argentina

COMPLEMENTARY TRAINING

Advanced Physical Preparation Specialist (01/2021 - 11/2021)

Course taught by Ariel Couceiro and Pablo Añon, Online Platform

Anthropometrist Level 1 ISAK (05/2021)

Certificate organized by Francis Holway, endorsed by the International Society for the Advancement of Kinanthropometry.

Webinar on Functional Assessments: Integration Strategies (06/2019)

JOGSport, Group About Training, Online Platform

Intensive Programming in Intelligent Training Course (05/2019)

31 teaching hours, Corpo Sao, Group On Training, Online Platform

Certificate in Intelligent Training Method (02/2019)

124 teaching hours, Corpo Sao, Group On Training, Online Platform

Agoga Functional Training Foundations course (06/2016)

AGOGA GYM, Sydney, Australia

WORK EXPERIENCE

Work and Travel AUSTRALIA (03/2023 - 08/2024)

I worked in a lot of different areas, restaurants events and construction among others.

Snake Gym Institute (03/2015 - PRESENT)

Currently I am the owner and director of the institute, providing Strength, Sports , Functional Training, and different methods according to the objective of the trainees.

Manuel Belgrano Club (03/2022 - 12/2022)

I am the current Physical Trainer of the senior B team of Field Hockey.

ITF Taekwondo Instructor (04/2013 - 12/2021)

I currently work at the Sagrada Familia School, previously at St Margaret's School, at the Snake Gym and as an assistant at the CUBA club where I started practicing when I was 6 years old.

Personalized Trainer (07/2011 -- CURRENT)

Performing one to one classes, and virtual tacking, adapting the training to the needs and demands of my students such as: weight loss, functional training, postural correction, etc.

Sport Club Tribunales (03/2018 - 08/2018)

Weight training instructor in charge of the gym.

Work and Travel FRANCE (06/2017 - 10/2017)

I worked at Le Darjeeling as a cooker both in the cold line (salads and desserts) and in the hot line (meats, seafood, fried food, etc).

Work and Travel AUSTRALIA (03/2016 - 03/2017)

Mainly as a waiter and food runner at Bar Machievelli, also worked in cafes, construction and maintenance.

Corpo Gym (05/2015 - 03/2016)

As the trainer in charge of the gym. Providing mainly functional training.

Taekwondo Physical Trainer (01/2012 - 12/2015)

In charge of the physical preparation of the group of instructor Diego Marrero of the Professional Taekwondo Association of Argentina, with world and national champions.

SPORTING ACHIEVEMENTS**ITF Taekwondo World Cup Argentina 2013**

Champion with the Argentine national team in sparring and third place in individual +82kg.

World Championship Canada 2012 ITF Taekwondo

During August 2012 I participated in the ITF Taekwondo World Championship held in Ottawa, Canada, obtaining the 1st place in power breaking with the Argentine national team and reached the quarterfinals in individual sparring.

ITF Professional Taekwondo Circuit 2013

Champion in Sparring, Hyper-heavyweight category.

OTHER

English

Excellent level of spoken English, and advanced level for writing and reading. Toefl IBT 91 out of 120 exam taken in 08/2015.

French

Basic level of French, I was living in France for 4 months.

Licenses

Sailing and motor skipper license