

Daniel Esteban Alejandro Pais

Email: danielp12178@gmail.com

Location: Buenos Aires, Argentina (Willing to relocate)



Professional Summary

Certified bilingual personal trainer with over 5 years of experience helping clients achieve their fitness goals through personalized strength and conditioning programs.

Experience working in both in-person and virtual settings, including established gyms and international online platforms.

Strong background in client communication, injury prevention, and performance improvement. Currently seeking growth opportunities in the U.S. fitness industry.

Work Experience

Virtual Personal Trainer – Hiptrain & WaveFitness

Remote | 2022 – Present

- Conduct live one-on-one virtual training sessions for clients in the U.S. and Latin America.
- Design tailored workout plans for strength, mobility, and weight loss goals.
- Provide consistent support, tracking progress and adapting plans accordingly.

Personal Trainer – Intérvalo Gimnasio

Buenos Aires, Argentina | 2020 – 2022

- Led in-person training sessions focused on functional movement and injury prevention.
- Built strong relationships with clients, fostering motivation and accountability.
- Collaborated with staff to organize fitness workshops and challenges.

Education & Certifications

Certificate in Strength Training and Conditioning – Universidad Nacional de Avellaneda (2022)

High School Diploma – Chincoteague High School, Virginia, USA (2011)

Languages

English: Bilingual (U.S. High School Graduate)

Spanish: Native

Key Skills

- Virtual Personal Training
- Strength & Conditioning
- Client Motivation & Accountability
- Fitness Programming
- Functional Training
- Communication & Adaptability