

FABIO LUCIANO FEIJOÓ PORRAS

Urb. Sagitario 1502, Santiago de Surco, Lima – Peru

Date of Birth: June 8, 1995

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Languages: Spanish (Native), English (Advanced)

Immediate availability

PROFESSIONAL PROFILE

Fitness coach with solid experience in personal training, customer service, sports nutrition, and intangible service sales. Proactive, disciplined, and committed to helping each client achieve their goals. Strong interpersonal skills, leadership in the weight room, and a holistic approach to physical well-being.

WORK EXPERIENCE

- Personal Trainer – B2 Gym, Mercaderes Branch

November 2024 – Present

- Designed and executed training plans for various client profiles (cutting, hypertrophy, body recomposition).
- Conducted initial physical assessments and periodic progress tracking.
- Provided basic nutritional guidance and proper use of sports supplements.
- Supervised technical execution and helped prevent injuries.
- Assisted in maintaining gym order and customer service.

- Fitness Trainer and Advisor – Independent Gyms (Freelance)

2022 – 2024

- Delivered personalized training at home and in parks.
- Planned functional and hypertrophy training routines.
- Supported physical preparation for martial arts.

- Prevention Officer – Private Security Company

2019 – 2022

- Controlled access and preventive surveillance.
- Attended to clients in high-traffic areas.
- Reported incidents and coordinated with supervisors.
- Sales Advisor – Intangible Services (Insurance, Courses, Memberships)

2016 – 2018

- Conducted telephone and in-person sales.
- Achieved monthly sales targets.
- Handled objections and built customer loyalty.

EDUCATION

- High School Diploma – Colegio Privado Trilce – Lima, Peru
- Incomplete University Studies: Nutrition and Sports Aesthetics – Universidad César Vallejo – Lima, Peru

CERTIFICATIONS & COMPLEMENTARY STUDIES

- Physical Conditioning Course – Private Institute
- Sports Nutrition Course – Private Institute
- Natural Bodybuilding and Performance Certification
- Karate – Advanced Level (personal practice since adolescence)

LANGUAGES

- Spanish – Native
- English – Advanced (Studies with Open English, 2022 – 2024)

SKILLS

- Personalized training programming
- Body recomposition strategies
- Sports supplementation knowledge
- Injury prevention and biomechanics basics
- Communication and motivational coaching
- Sales and customer service experience

- Teamwork and time management