



FEDERICO MARA

CERTIFIED BODYBUILDING & PERSONAL TRAINER

ABOUT ME

More than 6 years of experience working for people to achieve their maximum potential and physical well-being. I prefer careful planning while easily adapt to every situation, always prioritizing safety and results. Highly disciplined, with initiative, always positive and realistic. Always seeking to improve at what I do, with a methodical and detail-oriented mindset. I enjoy working in groups and motivating other people to improve themselves every day.

SKILLS AND LANGUAGES

- Native Spanish
- Conversational English
- Group Direction
- Projects Management
- 4 years of acting classes
- 3 years of Jazz and Contemporary Dance classes
- Photography Seminar
- Microsoft Office



CONTACT



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City Of Buenos Aires - PC: 1038

PROFESSIONAL FORMATION

- Bachelor's Degree in Physical Activity and Sports

National University of Avellaneda - UNDAV
(2019 - 2023) All subjects approved



- Certification in Bodybuilding and Personal Training

Private Institute of Physical Education - IPEF
(2020 - 2021)



- Certification in Physical Preparation (Specialized in Combat Sports)

Physical Preparation Educational Center - CEPF
(2019)



- Bachelor's Degree in Natural Sciences

Loreto High School (2012 - 2017)

PROFESSIONAL EXPERIENCE

- Teacher of Physical Preparation and Bodybuilding courses

I.P.E.F. (2022 - Present)



- Gym Trainer in Weight Room and Cross Training Coach

SportClub Bernal (2023 - Present)



- Researcher at the Physical Activity Laboratory (University of Avellaneda)

UNDAV (2022 - Present)



- Gym Trainer in Weight Room and Functional Training Coach

Lion Fitness Gym (2022)



- Direction of Outdoor group classes in Puerto Madero - Thunder Energy Fit (2022 - Present)



Direct Sports Experience in:

Football - Basketball - Handball - Volleyball - Tennis - Swimming - Boxing - MMA - Karate - Tae-Kwondo

INTERESTS

Always focused on continuous improvement in what I do and acquiring new skills. I like science, but I like more to motivate people so that they feel the same passion for physical activity as I do. In the future I am looking forward to specialize in sports management and marketing.