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Medellín C.C.1001370133

ANDREW ORTIZ CARMONA

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**Place of Birth:** Medellín **Date of Birth:** OCTOBER 10, 2001

TECHNOLOGIST IN SPORTS TRAINING - SENA

ADMINISTRATIVE ASSISTANT TECHNICIAN - MICRO ENTERPRISES COLOMBIA -

### **☑ Experience as a GYM Plant Trainer**

I have more than two and a half years of experience as a trainer, with the skills to program, direct and carry out group classes for any type of public, applying various training methodologies. Likewise, with knowledge and capacity for the administrative management of documentation and costs. Flexibility and full willingness to learn new processes and teamwork aimed at achieving results. I have the self-confidence and initiative to develop work by training users, applying my knowledge for the correct management of their objectives and care of their health.

### **PERSONALIZED TRAINER:**

Train people in order to optimize their results, generating specific routines for their needs, and keeping a monthly guide of their results, in order to achieve endless goals within the sport

Athletic gym

Independent work.

### **AUTHORSHIPS ITAGUI EDUCATION SECRETARY**

Train teachers on fitness knowledge, giving induction on the importance of this area of sport.

Immediate boss: Javier

Tel: 3003212992

### **ATHLETIC/ BODYTECH**

Floor trainer. March 2022 – September 2023

Address: cra.49 #50 a 20 5th floor

Tel: 3142518637

Immediate boss: 3142518637

Function as plant trainer, group class trainer.

### **SPORT CLUB**

Plant trainer. June 01, 2021 – November 10, 2021

Address: Calle 44 # 94-149

Tel.3227968179

Immediate Boss: Lizeth Galvis

Conduct personalized plant training when required, train users depending on the case, giving them a good routine execution and carrying out general supervision of the place to maintain good order and offer good service

### **ONELINK BPO**

Trainer. November 10, 2020 – May 10, 2020

Address: Cra 52 # 65-91

Tel.3196838676

Immediate Boss: Leidy Daniela Ramos

Generic training with sedentary people, management of synthetic court and gym, focus on group classes, HIIT classes, KICK BOXING, CARDIO ABDOMEN TESTS WITH OBSTACLES AND EVALUATION TESTS, virtual personalized and active breaks were carried out within the facilities offering them a good change of routine for an emotional, emotional, physical and social improvement

2017 - 2018 MICRO ENTERPRISES OF COLOMBIA

“ADMINISTRATIVE ASSISTANT TECHNICIAN”.

2013- 2018 I.E.D. MARICAL ROBLEDO

Commercial Technical High School

2008- 2012 I.E.D. MARICAL ROBLEDO

Elementary School

POLITÉCNICO SUPERIOR

- Fitness foundation

- Healthy lifestyle habits

MARIA FERNANDA MONTAÑA

COMMERCIAL ADVISOR Cell. 3123146575

YULIETH MARYORI ORTIZ.

INSTRUMENTATOR Cell. 3194177544

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