

Sebastián Hernán Erasun

15-1-1989



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PROFESSIONAL PROFILE:

Qualified Physical Trainer specialized in football performance, injury prevention, and high-performance conditioning. Extensive experience in strength development, power, speed, endurance, mobility, and core training, adapted to modern football and functional fitness programs.

PROFESSIONAL EXPERIENCE:

- Physical Trainer – Club Olimpo / Fuerza y Potencia Gym
- Bahía Blanca, Argentina | 2015 – 2025 (Present)
- Design and implementation of strength, functional, and performance training programs for football players and general fitness clients.
- Development of high-intensity interval training (HIIT) and football-specific endurance routines.
- Application of core stability, mobility, flexibility, and injury prevention protocols.
- Tailored programs for strength, power, speed, and physical optimization.
- Focus on transferring physical improvements to game situations and real athletic demands.

EDUCATION & CERTIFICATIONS:

Physical Education Teacher – National Title, Argentina

- Specialization in:
- Strength and Functional Training.
- Power and Plyometric Development.
- Core Stability and Injury Prevention.
- HIIT & Football-specific Endurance.
- Speed and Agility Programs.
- Periodization and Physical Performance Planning.

TECHNICAL SKILLS:

- Strength & Power Development.

- Plyometric and Explosive Training.
- HIIT & Aerobic Conditioning.
- Core Stability & Injury Prevention.
- Periodization & Physical Performance Planning.
- High-performance Preparation for Football Players.
- Functional Training for Athletes & General Fitness.
- Group Fitness and Wellness Coaching.