

# **RESUME**



## **PERSONAL DATA**

*Names : Pricila Flor*

*Surnames : Sanchez Campoverde*

*Certificate of citizenship: 0918136722*

*Nationality : Ecuadorian*

*Marital status : Unmarried*

*Domicile : Samanes*

*Telephone : 0981789498*

*calls and WhatsApp.*

## **MAIN OBJECTIVE**

*Planning of exercise routines and nutritional aspects, advising clients and promoting the development of physical, social and emotional skills, helping to meet clients' goals.*

## **HIGHLIGHTS**

- ✓ *Ability to lead groups of young people and people of all ages.*
- ✓ *Fully developed leadership profile.*
- ✓ *Ability to motivate students.*

- ✓ *Winning attitude, to achieve the planned goals.*
- ✓ *Extensive knowledge of physical condition.*
- ✓ *Knowledge of first aid...*

## **EXPERIENCE 1999-2023**

✓ ***Gold Gym*** 2022

✓ ***CYBERGYM***

*Owner: Mr. Juan Iturralde*  
*Cell phone: 0999484647*

✓ ***GYM TAURUS***  
*Leonardo Quezada (owner)*  
*Phone. 0999481886*

## **EDUCATION:**

***PRIMARY*** : *Fiscal School "Antonio Ricaurte"*

***SECONDARY:*** *National School "Amarilis Fuentes Alcívar.*

***Superior:*** *Tercer nivel CPA*

*State University*

## **CAPACITACIONES :**

- ✓ *Nursing Assistant*
- ✓ *Ecuadorian Federation of Physical Bodybuilding and power.  
2nd. Certification in personal trainer dictated by the  
Argentine expert Ezequiel Barletta Domenech (president of  
the Center for Studies of Physical Activities-Argentina), with  
a theoretical and practical duration of 20 hours in aerobic  
training and sports injuries. Issued in October 2017.*
- ✓ *Ecuadorian Federation of Physical Bodybuilding and power.  
1st. Certification in personnel trainer dictated by the  
Argentine expert Ezequiel Barletta Domenech (president of  
the Center for Studies of Physical Activities-Argentina),  
with a duration of 20 hours theoretical and practical in  
functional training and bodybuilding, dictated April 2017.*
- ✓ *Ecuadorian Federation of Gymnastics.  
Certificate of the course in physical preparation,  
bodybuilding, cardio-vascular training programs and  
personal training 2, for having completed the study  
programs in 30 hours with the excellent score, performed in  
Guayaquil, on the 18 days of June 2006.*
- ✓ *Ecuadorian Federation of gymnastics  
Ecuarobics Fitness of the Pacific, Bodybuilding  
workshop. Guayaquil, Nov 12-13, 2005.*
- ✓ 

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*Ecuadorian Federation of gymnastics  
Training school: Physical Fitness and Personal Training.  
For having passed the first Integral Training course: taught  
on 9, 10, 16, 17, 23 and 24 July 2005 in Guayaquil-Ecuador,  
in the facilities Nautilus Gym and Hyper Gym.*

✓ **Ecuadorian Federation of gymnastics**  
*They accredit Indoor Cycling trainer certification, for having approved the Integral training of the first training course in bicycle in salon, given on 30 April 2005, in the city of Guayaquil, in the facilities of the Hyper Gym.*

✓ **3ra.Fit-Convention Ec-2004**  
**II Certification in Personal Trainer**, on hormones and steroids, volume plans and definition, 16 hours theoretical-practical.

✓ **Fitness Revolution 2002**  
*International training academy ITA, certification of attendance held on Saturday 30 November and Sunday 1 December 2002.*

**Ecuadorian Federation of Gymnastics.**

*Ecuaerobics, certified for having participated in the first Workshop update 2002, based on Continuing education of: Design of aerobic-Biomecanica-Musculacion-Kick Boxing class, carried out in Guayaquil March 23 and 24, 2002.*

✓ **Gyp Aeróbica.**  
*It confers the present letter for its participation in FITNESS 2001, V convention of aerobics and fitness, held in Quito November 3, 2001.  
Sponsored by Sportline America.*

✓ **Sports Federation of Guayas.**  
*National aerobics program, confer the present certificate for having passed the course of trainer deaeroóbicos, with excellent notes, participating with the following subjects:  
Aerobic physiology, musicalization, muscle toning, flexibility, symmetry, step, CPR, kick and box and nutrition.*

*Held from 16 October to 8 December 2000.*



***Gym Tonic***

*Certificate of attendance, for your professional commitment to continue educating yourself, showing through your participation in this 1st seminar, held August 15, 15, and 17 of 2000 on:*

*Upgrading and updating step-reebok (methodology and programmes)*



***Global Fitness II***

*Certify yourself, in recognition of your participation in the aerobics convention in Quito-Ecuador on 28,29 and 30 April 2000.*



***Salesian Higher Technical Institute "Domingo Comín"***

*For having obtained seventh place in the first aerobics marathon, held at the expo Comín 2000, held December 4, 1999.*



***Additional Information***

*Possibility of immediate incorporation*

*Bartender cocktail  
bar. Professional  
mixology*



***Personal references***

*Evelyn Quinto*

*0958817044*

*C.P.A Ernesto Mackliff Zambrano.*

*0980120583*