



MARIO ARGOTE

PERSONAL TRAINER



@marioargote



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ABOUT MY

Personal trainer, with 3 years of experience in guidance, management, and dealing with people as a staff instructor, and personalized training. With more than 1000 hours of experience in group management, divided into Crosstraining, Indoor Cycling, Combat, and Aerobic Step classes.

EDUCATION

ESCUELA DE CAPACITACION PARA EL ACONDICIONAMIENTO FISICO (ECAF) BARRANQUILLA-ATLANTICO

- Dip. Personal trainer, 2022
- Capacitacion Indoor Cyclin, 2022
- Dip. Entrenamiento correctivo y funcional, 2021
- Capacitacion Series Tabata level 1, 2018
- Taller introduccion a Kettlebells, 2018

UNIVERSIDAD DE LA GUAJIRA RIOHACHA - LA GUAJIRA

- Directed physical activity course set to music

CRUZ ROJA

RIOHACHA - LA GUAJIRA

- Basic first aid course

EXPERIENCIA

FIBERS GYM - RIOHACHA LA GUAJIRA

Staff instructor, personal trainer, and group trainer 2021-2022

- I played the role of plant trainer in the morning and afternoon shifts.
- I worked as a personal trainer, providing a particular service within the establishment.
- I played the role of group coach, leading Cross training classes.

EXPLOSIVECLUB GYM - RIOHACHA LA GUAJIRA

Personal trainer, and group trainer 2022-2024

- I worked as a personal trainer, providing a particular service within the establishment
- I played the role of group coach, leading Crosstraining, Indoor Cycling, Combat, and Step Aerobic classes.