

# Bryan David López

(+57) 300-596-8728

Bello, Colombia

Bryan.lopez@udea.edu.co

Sports trainer / teacher / physical trainer

**PROFILE** Sports Coach with extensive experience in the design and implementation of training programs for different populations, as well as in the training of future coaches in various areas of fitness and sports training. With a solid academic background and international certifications, my goal is to positively impact the health and performance of my clients and students, addressing the specific needs of each individual with a comprehensive and scientifically based approach.

## **PROFESIONAL** University of Antioquia

### **EXPERIENCE** Sport trainer | 2018 – 2022

Trainer with work in the Zona Fitness - Wellness program of the University of Antioquia, where workouts were performed for aesthetic, health or performance enhancement purposes on populations such as older adults, individuals with different pathologies, young adults, athletes, etc. and thus generate an impact on approximately more than 50 people daily.

### Politécnico Mayor

#### **Teacher | 2022 – CURRENT**

Teacher of the technique in physical conditioning and sports training, where we train future coaches in different fields, such as sports, physical activity for health, etc., transforming the lives of more than 100 people every 16 months, trying to contribute not only to the field, but also to society with qualified personnel of the highest quality.

### Fitnastic

#### **Physical trainer | 2022 – CURRENT**

Virtual and face-to-face trainer of different populations with the purpose of increasing conditional abilities and improving physical health, in addition to training high performance athletes, such as Pan American acrobatic gymnastics champions who have been under our mentorship.

### Coomeva clinic

#### **Physical trainer | 2024 – CURRENT**

Face-to-face trainer with tasks related to the planning and execution of physical training programs focused on improving the health of populations of different ages with pathologies.

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## EDUCATION

### **Professional in Sprt training**

*Universidad de Antioquia* | 2017 - 2022, Medellín, Colombia

### **International Fitness-Wellness Certification**

*NSCA Spain - Universidad de Antioquia* | 2018, Medellín, Colombia

### **Musculation nivel 1**

*Universidad de Antioquia* | 2018, Medellín, Colombia

### **International seminar on physical activity for health**

*Universidad de Antioquia* | 2018, Medellín, Colombia

### **International Webinar on Sports Nutrition and Sports Science**

*GSSI LATAM* | 2020, Medellín, Colombia

### **Regional training: sport and physical activity**

*Universidad de Antioquia* | 2021, Medellín, Colombia

### **Third International Congress on Safety in Sports RIASPORT**

*Universidad de Guadalajara* | 2021, Guadalajara, México

### **Strength training seminar for older adults**

*Universidad de Antioquia* | 2021, Medellín, Colombia

### **Webinar: Introduction to 3D biomechanical prostheses**

*P4H Bionics online academy* | 2022, Medellín, Colombia

### **Muscle as a central axis of health**

*Exercise physiology and training* | 2023, Medellín, Colombia

### **Fatigue: basic and physiological modalities**

*Exercise physiology and training* | 2023, Medellín, Colombia

### **Fatigue and cancer**

*Exercise physiology and training* | 2023, Medellín, Colombia

### **Specialized training: sarcopenia and strength training**

*Exercise physiology and training* | 2023, Medellín, Colombia

### **Integration of fatigue in training**

*Exercise physiology and training* | 2023, Medellín, Colombia

### **Nutrition and immunity**

*Exercise physiology and training* | 2023, Medellín, Colombia

### **Exercise prescription in patients with COPD**

*Exercise physiology and training* | 2023, Medellín, Colombia

### **Functional reserve in depletion**

*Exercise physiology and training* | 2023, Medellín, Colombia

### **Pulmonary system - fatigue and performance**

*Exercise physiology and training* | 2023, Medellín, Colombia

### **Energy systems in exercise**

*Exercise physiology and training* | 2023, Medellín, Colombia

### **I Edition of the international congress for the improvement of body composition**

*ICEN* | 2024, Medellín, Colombia

### **Digital teacher**

*Politécnico Colombiano Jaime Isaza Cadavid* | 2024, Medellín, Colombia

### **Musculoskeletal Primer for the Non-Orthopedist**

*Stanford University School of Medicine* | 2024, Medellín, Colombia

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## **SKILLS   Design of training programs**

Demonstrated ability to develop innovative and effective training programs, tailored to the individual needs of each client or athlete, using the latest research and techniques in the field of exercise science.

### **Motivation and leadership**

Exceptional ability to motivate and inspire individuals of all fitness levels, creating a supportive environment and fostering long-term commitment to exercise and personal wellness. Excellent ability to set realistic and attainable goals and provide the support necessary to achieve them.

### **Effective communication**

Excellent communicator with the ability to convey complex concepts in a clear and understandable manner, fostering trust and collaboration at all levels.

### **Advanced knowledge in physical exercise for sport and health.**

Broad understanding of the fundamental principles of physical exercise for health and sport, as well as their practical application in optimizing athletic performance and improving overall health. Ability to continually evaluate and adapt training programs based on the individual needs and specific goals of each client.

### **Talent development and professional training**

Significant experience in training and mentoring future trainers, providing them with the skills and knowledge necessary to succeed in the fitness and sports training industry. Committed to continuous professional development, both personally and for my students, to keep up with the latest trends and advancements in the field.

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### **LANGUAGES**

Spanish: Native

English: <https://cert.efset.org/9UDVq9>