

LUCERO, Juan Pablo

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PROFESSIONAL EXPERIENCE

Rugby physical trainer February 2022 - Currently Jockey Club Cordoba | Cordoba, Argentina

- Worked directly with rugby players, giving directions and explaining the exercises.
- Created personal training routines to ensure growth of players
- Provided personalized attention and professional instruction to maximize players health, fitness wellness and sport goals to 25+ players on a daily basis.

Personal trainer December 2021 - Currently • Worked directly with person after knee and hip surgery, Female 74 years old.

- Delivered group training. Mixed Groups of 19+ years old

Staff Coordinator in 'Abracadabra, Eventos infantiles' March 2020 - December 2021 • Worked with the organization and control of activities.

- Coordinating and providing activities for children at events.

Gym instructor and personal trainer March 2020 - January 2022 Nuñez active GYM | Cordoba, Argentina

- Provided personalized attention and professional instruction to maximize members' health, fitness and wellness goals to 60+ clients on a daily basis.
- Delivered one-to-one and group personal training.
- Created promotional personal training packages to ensure growth of customers.
- Evaluate training plans, as leader of the coaching staff.

Gym instructor and personal trainer April 2016 - December 2018 Fulmine Sportscenter | Cordoba,

Argentina

- Provided personalized attention and professional instruction to maximize members' health, fitness and wellness goals to 40+ clients on a daily basis.
- Delivered one-to-one personal training.
- Delivered functional training group class.
- Delivered core training group class.
- Created promotional personal training packages to ensure growth of customers.
- Attended people needs for information at the reception

SKILLS

Problem solving • Adaptability • Team player • Active listening • Proactivity

EDUCATION

Physical Education Professor | 2013 – 2018; IPEF/UPC; Córdoba, Argentina
Physical preparation in team sports; G-se, equipo physical. Cordoba, Argentina

2016 Bachelor in humanities / Secundario Nro 23 Republica de Guatemala (2010 - 2012)

Currently:

- Physical education bachelor: IPEF/UPC; Cordoba Argentina (2019-2021) Thesis project: Correlation between vertical jump against horizontal jump, in young handball players

Languages

- Spanish: mother tongue
- English: full technical proficiency
- Italian: Currently learning

TECHNOLOGICAL SKILLS

Office, level medium.

VOLUNTEER WORK

Registered teacher in exercise physiology| UPC (universidad nacional de cordoba). (March 2019- December 2022)

Registered teacher in adapted physical education| UPC (universidad nacional de cordoba). (March 2019- December 2022)

Registered teacher in human anatomy| UPC (universidad nacional de cordoba). (March 2020- December 2021)