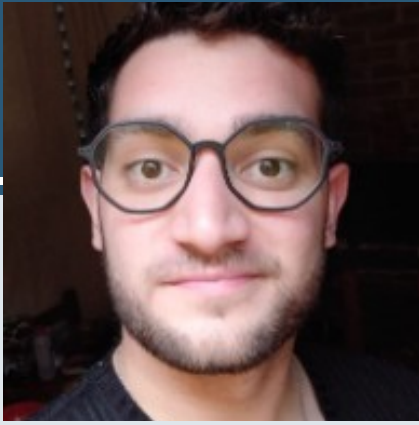




# MARCOS BARBIERI

## CONTACTO

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-  26 AÑOS

## APTITUDES

- Teaching techniques
- Leadership
- Resolution of doubts
- IT skills
- Effective communication
- Task prioritization
- Group management
- active listening
- Interpersonal skills
- positive attitude
- Responsibility
- Commitment
- Adaptability
- Discipline and responsibility
- Ability to motivate
- Lesson planning
- Task organization
- Ease to inspire
- Empathic listening

## IDIOMAS

**Español:** Idioma nativo

**Inglés:** A2

Básico

## RESUMEN PROFESIONAL

Instructor passionate about sports with solid communication skills. Able to motivate and guide students by clearly explaining exercises and training techniques. Looking for a new work challenge.

I am a very passionate person, always willing to learn and improve and grow both at work, professionally and personally.

I adapt very quickly to the work environment due to my excellent social and communication skills, with a good predisposition to work in a team.

## HISTORIAL LABORAL

**Encargado de sala de musculacion y sobrecarga** , 10/2021 - 10/2024

**Gimnasio Athletic/ Gimnasio Hard/ Gimnasio Skilful** - Santa Fe

- Bodybuilding and machine instructor.
- Quality customer service and attention.
- Maintaining order and cleanliness in the workplace.
- Adaptation of exercises and training to the level and objectives of the clients.
- Teaching effective training techniques and exercises.
- Motivation and promotion of discipline to achieve fitness goals.
- Creation of exercise routines for individual or group training.
- Design of training programs to lose weight and increase muscle mass.
- Correction and improvement of exercise technique.
- Physical conditioning for recreational or professional purposes.
- References: Athletic (Milton) 34245060892/ Hard (Ariel) 34255015231/ Skilful (Ernesto) 3426102211

**Instructor de funcional**, 12/2022 - Actual

**Gimnasio Hard** - Santa Fe

- Organize and create functional training classes for a group of people
- Facilitate activities of daily living and assist class participants with their functional mobility to improve comfort and quality of life.
- References: Ariel Callen (3425015231)

**Profesor de stretching y gimnasia postural** , 12/2021 - Actual

**Gimnasio Athletic/ Gimnasio Hard** - Santa Fe

- Development of injury prevention and recovery programs.
- Stretching and mobility classes along with a series of postures and breathing to relieve pain, relax and relax from daily life and the pain of any bodily discomfort.
- References: Milton Franco (3425060892) Athletic /Ariel Callen (3425015231) Hard

**Personal trainer** , 08/2020 - Actual

**Independiente** - Santa Fe

- Adaptation of exercises and training to the level and objectives of the clients.
- Teaching effective training techniques and exercises.

- Motivation and promotion of discipline to achieve fitness goals.
- Creation of exercise routines for individual or group training.
- Design of training programs to lose weight and increase muscle mass.
- Motivation of students and clients during activities.
- Promotion of integration and teamwork in group activities.
- Analysis of the needs and objectives of each client.

**Profesor de aqua gym , 11/2022 - 05/2023**

**Heidi Natacion - Santa Fe**

- In charge of teaching aquagym classes (training in the water or pool).
- Application of different teaching and evaluation techniques.
- Teaching classes and responding to students' questions and comments.
- Supervision of the correct execution of exercises to optimize effectiveness and avoid injuries.
- References: Heidi (3426157132)

**Encargado general, 12/2017 - 08/2021**

**Brugge bar & biergarten - Santa Fe**

- In charge of opening and closing the establishment, in charge of the sector and staff of waiters, waiter, customer service, bartender, cashier, opening and closing cashier with maxirest system, control of raw material sheets, stock control.
- Planning staff shifts, breaks and vacations.
- Supervision of daily tasks to identify deficiencies and propose solutions to problems.
- Administration of area resources, such as personnel, equipment and supplies.
- Coordination of daily operations and tasks of the staff in charge.
- Control of compliance with quality standards and safety regulations.
- Effective resolution of incidents in the area in charge.
- References: Luis Ormachea: (3424-297534)/Lucas Cuetos: (3425-060069)

## FORMACIÓN ACADEMICA

**Técnico en Educación Deportiva y Prep. Física : Cursando actualmente las practicas profesionalizantes, 2024**

**Universidad Nacional del Litoral - Santa Fe**

- Interaccionar con otros profesionales, complementando equipos de apoyo interdisciplinario, tanto en el deporte de mediana y alta competencia, como así también en la práctica de la actividad física dirigida.
- Cuento con conocimientos que me permiten interactuar con la comunidad, de acuerdo a los alcances que le confiere el título.
- Capacitado para utilizar herramientas que apoyen su accionar, como las tecnologías de la información y comunicación (TIC) y ser un agente de promoción de la actividad física saludable, recreativa; como así también en el entrenamiento para la alta competencia.
- tomar conciencia de responsabilidades profesionales, éticas y sociales, así como manifestar actitudes de servicio, valoración y solidaridad hacia el deporte, la actividad física y la recreación.
- Colaborar en iniciativas de investigación que propicien el desarrollo del campo de la preparación física y el entrenamiento deportivo.
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**Profesorado de Stretching y Gimnasia Postural, 2023**

**AMAIP Asociación Mutual Argentina de Instructores - Buenos Aires**

**Pedagogía del deporte Infanto juvenil y general , 2021**

**JB capacitaciones - Paraná, Entre Ríos**

**Personal trainer, profesor musculacion y funcional, 2020**

**AMAIP Asociación Mutual Argentina de Instructores** - Buenos Aires

**Técnico maestro mayor de obras:** Secundario completo, 2016  
**Escuela Técnica nº 1 Brig. Gral. Pascual Echague** - Concordia, Entre Ríos

## **PROGRAMAS**

- Paquete Office
- AutoCad
- Maxirest
- Powergym
- Trello