

CYRAH TRIPALDI

Fitness Professional

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158 W Main St, Newark, OH 43055



PROFILE

I am a fitness professional with over three years of experience in the industry. I have worked with clients of all ages and levels of fitness, from those just starting out to experienced athletes. My passion is helping people reach their fitness goals and improve their overall health and well-being. I believe that exercise should be enjoyable and sustainable for long-term success. That's why I focus on creating custom workout programs that are tailored to each client's individual needs and preferences. In addition to one-on-one training, I also teach group classes such as spin, HIIT (high intensity interval training), strength training, and yoga

LINKS

[linkedin.com/in/cyrahtripaldi](https://www.linkedin.com/in/cyrahtripaldi)

SKILLS

Cardio

Strength Training

Flexibility/Mobility

Functional Movement Patterns

High Intensity Interval Training (HIIT)

Corrective Exercise

Nutrition

EMPLOYMENT HISTORY

● Fitness Professional at The Fitness Professional, OH

Jun 2022 - Present

- Trained and educated over 100 clients on proper workout techniques, nutrition, and supplementation.
- Helped design training programs that resulted in a 98% success rate for clientele.
- Assisted in developing new fitness center policies and procedures that increased membership by 25%.
- Was responsible for increasing sales of personal training services by 20% through effective marketing campaigns.
- Successfully completed ACE certified Personal Trainer course.

● Fitness Trainer at Fitness Professional Services, OH

Aug 2019 - Apr 2022

- Successfully trained 50 clients in the last year.
- Achieved a 96% success rate with client goal attainment.
- Helped 10 clients lose over 100lbs combined.
- Successfully increased the strength of 75% of all clients by at least 20%.
- Received 5-star rating on Google from 80% of reviews.

EDUCATION

High School Diploma at Ohio State University, OH

Sep 2015 - May 2019

I've learned how to study for and take tests, how to do research, and how to write papers.

CERTIFICATES

Certified Personal Trainer

Nov 2020

Certified Strength and Conditioning Specialist

Apr 2019

MEMBERSHIPS

American Council on Exercise (ACE)

National Strength and Conditioning Association (NSCA)