



SOMESH R

CONTACT

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SKILLS

- Time Management
- Goal Setting
- Lifestyle and Nutrition Guidance
- Results-Driven Coach
- Health and Wellness Education
- Customized Workout Plans

CERTIFICATIONS

- CPT - Certified Personal Trainer
- Digital Marketing Intern, LevelUP Fitness - 2020

HOBBIES

- Gardening
- Reading
- Cycling

ADDITIONAL INFORMATION

Date of Birth : 11 .05 . 1999
Gender : Male
Nationality : Indian
Marital Status : Unmarried
Languages : English , Tamil
Phone : +91- 9566676787

PROFESSIONAL SUMMARY

Passionate Personal Fitness Trainer successful at making workouts fun and rewarding. Expertise in instructing clients on proper lifting techniques and educating clients on nutrition and hydration needs. Develops customized programs targeted to client goals and skill level.

WORK HISTORY

January 2021 - Current

Personal Trainer, *Freelancer*, Pudukkottai, India

- Developed, planned and led personal and personal fitness sessions since 2019.
- Designed specific workout systems for individual clients based on performance ability.
- Educated friends and clients on preventive care, nutrition, fitness, stress management and ergonomics.
- Achieved improvements for clients by designing optimal wellness plans and organizing schedules to promote consistency.
- Motivated clients to achieve their personal fitness goals through developing and modifying routines.

April 2020 - December 2020

Digital Marketing Assistant, *LevelUP Fitness*, Pudukkottai, India

- Created and deployed social media content, engaged with target audiences and boosted reach with strategic ad placements.
- Tracked and reported on marketing campaign performance monthly to help with optimizing current and future plans.
- Managed digital projects end-to-end, from initial conceptualizing through final implementation and live monitoring.
- Onboarded and mentored 100 + clients for fitness startup.

EDUCATION

November 2020

GED

Case Western Reserve Unit, Cleveland , Ohio , United Staes

- Awarded [Distinction]

September 2020

GED

Fab Academy , Fabulous Body Inc , California, United States

- Awarded [Distinction]

April 2020

B.E : Automobile Engineering

Kumaraguru College of Technology, Coimbatore

- Elected to President for Fitness , Leadership Council in 2017
- Elected to Joint Secretary for [Student Organization, Automobile Department in 2017
- Awarded Second place for Swachh Bharat Summer Internship Program organized by Ministry of Health and Sanitation in 2018

April 2016

Higher Secondary

Mount Zion Matriculation Higher Secondary School, Pudukkottai

GPA: 94.75

- Awarded [First Place] in [English Language Program].
- Awarded [First Class] in [State Level Aptitude Examination].
- Awarded [Second Class] in [Talentia Examination conducted by Inspire Technologies].
- Awarded [Distinction] in [English Proficiency Test]
- Elected as School Pupil Leader

March 2014

SSLC

Mount Zion Matriculation Higher Secondary School, Pudukkottai

GPA: 96.80

- Awarded [Second place] in [Thulir Scientific Awareness Talent Test] in [2009]
- Awarded [6 th rank] in [Holy faith International Talent Search Examination]