

MICHAEL BLOOMER

Self-Employed Personal Trainer

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United States, Lowry, MN, 4430 Newton Street, 56349



PROFESSIONAL SUMMARY

Dynamic and self-motivated Personal Trainer with a passion for helping individuals achieve their fitness goals and improve their overall well-being. Committed to providing exceptional service and fostering a supportive environment to empower clients on their fitness journey.

Personal website: www.mjfitness.com

EDUCATION

2001 - 2013

High School Diploma

Lowry High School

SKILLS

- Injury Prevention Expert
- Exercise Programming Expert
- Weight Management Expert
- Client Education Expert
- Strength Training Expert

HOBBIES

- Photography
- Cooking

COURSES

CPR/AED Certification (Renewed in 2024)

Red Cross

Advanced Nutrition Certification (Renewed in 2023)

NASM

EXPERIENCE

2019 - Now

Personal Trainer

Freelance / United States, Lowry, MN

- Assess clients' fitness levels, health history, and goals to create personalized training programs designed to achieve desired outcomes.
- Conduct one-on-one training sessions, focusing on proper exercise techniques, form, and intensity to maximize results and prevent injuries.
- Provide ongoing support, guidance, and motivation to help clients stay committed and overcome obstacles on their fitness journey.
- Manage client scheduling, billing, and administrative tasks to ensure smooth operation of the personal training business.

2016 - 2018

Fitness Consultant

Active Life Wellness Center / United States, Alexandria, MN

- Conducted fitness assessments and consultations to evaluate clients' health status, fitness levels, and goals.
- Provided ongoing support and motivation to clients, monitoring progress and making adjustments to training plans as needed.
- Collaborated with other health professionals, such as physical therapists and nutritionists, to provide comprehensive wellness solutions.