



Kenneth Dukes

Functional Fitness Trainer

CONTACT

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LINKS

[instagram.com/kennyfitlife](https://www.instagram.com/kennyfitlife)

twitter.com/KDukesFit

[youtube.com/KennethDukesFitness](https://www.youtube.com/KennethDukesFitness)

[tiktok.com/@fitwithkenneth](https://www.tiktok.com/@fitwithkenneth)

PROFESSIONAL SUMMARY

Certified Functional Fitness Trainer with 8 years of experience seeking to leverage expertise in delivering dynamic, results-oriented training programs to clients. Proven track record of improving clients' strength, flexibility, and overall fitness through personalized coaching and motivation.

EXPERIENCE

Functional Fitness Trainer

FitNation Gym / Sydney, NSW

2019 - Now

- Develop and implement individualized functional fitness programs based on clients' goals, abilities, and fitness levels.
- Conduct thorough fitness assessments to identify clients' strengths, weaknesses, and areas for improvement.
- Instruct clients on proper exercise techniques, ensuring safety.
- Provide ongoing support, guidance, and motivation to clients to help them achieve their fitness goals.

Fitness Instructor

City Fitness Club / Sydney, NSW

2016 - 2019

- Led group fitness classes, including HIIT and circuit training.
- Provided personalized attention and modifications to meet the needs of participants with varying fitness levels and abilities.
- Demonstrated exercises and coached participants on proper technique.
- Motivated and encouraged participants to push beyond their limits and reach their fitness goals.

EDUCATION

Advanced Diploma of Nursing

University of Sydney, Australia

2014 - 2016

SKILLS

Functional Training Expertise



Assessment and Programming



Exercise Instruction



Motivational Coaching



Client Management



Nutrition Knowledge

