

RIYA SHAH

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Fitness Trainer

Bengaluru, India riya.shah@example.com Fictional sample

01 Professional profile

Fitness Trainer with an illustrative 11-year career focused on individualised exercise coaching within a clear professional scope. Core strengths include Movement observation, Exercise coaching and Programme planning. Selected examples describe the challenge, contribution and handover materials.

EXPERTISE

Core capabilities

Movement observation

Exercise coaching

Programme planning

Progress tracking

Client communication

Referral awareness

SELECTED WORK

Foundational strength programme

Sample training framework and coaching record

Training habit support

Habit-support worksheet and review notes

LANGUAGES

English - professional working

Hindi - professional working

CAREER CONTEXT

11 years in this illustrative career.

Three appointments.

Full work examples on page 2.

02 Professional experience

Jul 2022 – Present

Fitness Trainer

Asterline Movement Academy · Bengaluru

Delivered defined workstreams in individualised exercise coaching within a clear professional scope, coordinating reviewers and delivery partners.

- Built a progressive coaching structure based on intake context and documented review points.
- Introduced simple planning check-ins and adapted scheduling around agreed goals.

Jul 2018 – Jun 2022

Fitness Trainer

Northmere Movement Academy · Bengaluru

Supported progressively more complex work in individualised exercise coaching within a clear professional scope, with a defined review process.

- Used movement observation and progress tracking on assigned work; recorded decisions so colleagues could understand the approach.
- Prepared handover materials and incorporated specialist feedback before closing the workstream.

Jul 2015 – Jun 2018

Assistant Coach

Cedarfield Movement Academy · Bengaluru

Built foundations through supported assignments, observation and practical feedback.

- Assisted with exercise coaching and client communication, checking work with an experienced reviewer.
- Kept organised work records and developed clear handover habits through supervised practice.

03 Coaching & practice programmes

Train with intention. Track with context.

WORK EXAMPLE 01 / ILLUSTRATIVE

Foundational strength programme

Context

New clients needed a clearer introduction to training routines.

Contribution

Built a progressive coaching structure based on intake context and documented review points.

Prepared for handover

Sample training framework and coaching record

WORK EXAMPLE 02 / ILLUSTRATIVE

Training habit support

Context

Clients struggled to connect session work with regular routines.

Contribution

Introduced simple planning check-ins and adapted scheduling around agreed goals.

Prepared for handover

Habit-support worksheet and review notes

04 Education

2013 – 2015

Postgraduate Diploma in Fitness Coaching

Asterbridge Institute of Professional Studies

Specialist study with a practice focus on movement observation and exercise coaching.

2009 – 2013

Bachelor-level study in the relevant discipline

Cedarhaven College of Applied Studies

Foundation study, practical assignments and supervised learning. Fictional institution and qualification record.

05 Professional development

2024

Movement observation - advanced practice workshop

Scenario exercises and peer review in individualised exercise coaching within a clear professional scope.

2025

Progress tracking - reflective practice seminar

Applied learning reviewed through a bounded example and a written reflection.

Continuing learning examples, not licences or independently verified certifications.

06 Practice & evidence notes

Work focus	Evidence status	Contribution scope
Individualised exercise coaching within a clear professional scope	Illustrative work descriptions; no source artefacts attached	Owned the stated workstream, not all team outcomes

Every employer and institution in this CV is fictional. The two work examples describe individual contributions; supporting artefacts and externally measured outcomes are not supplied. Replace example information with accurate records and permission-cleared work before using this CV.