

MARCUS VANCE

Certified Personal Trainer & Strength Specialist

CONTACT

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vanceperformance.com

CERTIFICATIONS

Apex-CPT

Apex Certified Personal Trainer

Meridian-SCS

Strength & Conditioning Specialist

Vertex-FMS

Functional Movement Screen

Nexa-PEC

Performance Enhancement Coach

Synapse-AED

CPR/AED & First Aid Certified

CORE SKILLS

- Strength & Conditioning
- Movement Assessments
- Nutrition Coaching
- Post-Rehab Training
- Client Retention
- Program Design

EDUCATION

B.S. Kinesiology

Meridian State University
2014 – 2018

PROFESSIONAL SUMMARY

Dedicated and results-oriented Certified Personal Trainer with over 6 years of experience designing and implementing evidence-based fitness programs. Expert in functional strength training, corrective exercise, and athletic performance enhancement. Demonstrated track record of helping clients achieve sustainable fat loss, hypertrophy, and lifestyle transformations. Passionate about empowering clients through personalized coaching and nutritional guidance.

PROFESSIONAL EXPERIENCE

Lead Personal Trainer

Apex Fitness Group

Jan 2023 – Present
Chicago, IL

- Conducted 1,200+ personal training sessions, maintaining an active roster of 25+ clients with a 92% year-over-year retention rate.
- Designed custom strength programs that achieved an average of 8% body fat reduction and 12% lean mass increase for clients within 12 weeks.
- Mentored 4 junior trainers, introducing standardized assessment protocols that improved gym-wide member satisfaction scores by 15%.
- Developed and launched "Apex Strength" group class, generating \$45,000 in new annual recurring revenue.

Personal Trainer & Strength Coach

Nexa Wellness Center

Sep 2020 – Dec 2022
Chicago, IL

- Coached 30+ diverse clients, ranging from high school athletes to seniors, focusing on personalized biomechanics and injury prevention.
- Implemented Vertex-FMS screens to identify movement limitations, reducing training-related client injuries to zero.
- Promoted and sold custom training packages, consistently exceeding monthly sales targets by 15% to 20%.
- Created digital tracking systems for workouts and nutrition, increasing client accountability and program adherence by 25%.

Fitness Instructor & Coach

Vertex Athletic Club

Jun 2018 – Aug 2020
Chicago, IL

- Conducted initial fitness assessments and equipment orientations for over 300 new gym members.
- Led high-intensity group fitness classes (HIIT, mobility) with average attendance of 15+ members per session.
- Collaborated with local physical therapists to transition post-rehabilitation clients back to active strength training safely.