

ILAN ROSENBERG

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CAREER OBJECTIVES

A progressive position in an organization that strives for and demands the utmost level of professionalism and expertise from their associates.

TECHNICAL SKILLS

FITNESS BACKGROUND

Sales - Membership (Individual, Group and Corporate), PT Session/s, PT and Nutrition Programs
Personal Trainer -Weight training, Circuit training, Body Building, Periodization training, Power Lifting, Fitness & Body Building Competition training, Boxersize and Boot camp classes.
Martial Arts - Kung-fu, Kickboxing, Boxing, Karate, Tae-kwon-doe, Judo, Jiu-jitsu, Grappling, Russian Martial Arts.
Gymnastics - Acrobatics, Tumbling, Stunt and Power moves.

PROGRAM DEVELOPMENT

Gathering information requirements through the **interview process** With the proposed client in order to design and develop the **Fitness Program** desired. Developed the proposed program using the development language software of **Microsoft Office**.

NUTRITION

Working with the client in assessing their needs in creating their Nutritional diet. Excellent in communicating the extreme importance of having the proper eating habits in order to achieve the weight loss goals desired by the client.

ADDITIONAL SKILLS

- **Great Sales capabilities**
- **Ability to listen and understand the clients needs and goals**
- **Being a motivator and mentor for the client in order to help them achieve their goals**
- **Excellent communication skills.**
- **Strong problem solving skills, very resourceful, reliable, loyal and organized.**
- **Ability to adapt to changes**

PROFESSIONAL EXPERIENCE

November 2001 – January 2004 New Generation Health & Fitness

Sales

New Membership

- Meet with clients Personal & Corporate
- Assess the needs and necessities of the client/s
- Sales of Memberships Personal and Corporate

Personal Training

- Meet with clients and Assess their fitness Level.
- Demonstrated the correct use and techniques of basic exercises with client.
- Sales of Personal Training Packages.

Personal Trainer

- Initial meeting with client in order to gather their needs and fitness goals.
- Develop training regimen for the proposed client.
- Develop nutritional diet for the proposed client.
- Trained client for x amount of sessions focusing on educating them on technique, breathing, stretching, safety and the amount of weight to be used for each exercise, as well as, the amount of sets and reps for each exercise.
- Encouraged motivated and supported client throughout the training process.
- Never allowed them to quit.

Martial Art Instructor

- Developed and marketed the **Russian Martial Art** program for New Generation.
- Developed course and training regimen for the Russian Martial Program.
- Taught the Russian Martial Art to students.
- Developed and marketed the **Russian Martial Art Seminar** with master from Russia **Vladimir Vasilev**.

December 1999 – Present

Reif Corp.

Competitive Personal Trainer

- Sales of Competitive Training Packages.
- Train clients in the competitive industry of fitness and bodybuilding.
- Worked with clients by developing their training schedules, programs, cardio and diet.
- Analyzed client's current physical condition in order to attain the information required in developing the right program and nutritional diet.
- Continuous monitoring and changing of training program, cardio, or diet in order to keep client on target to reach their optimum peak for their show.
- Motivating, encouraging and supporting client throughout their training ordeal.
- Choreographed routine and music for the client.
- Stayed with client throughout competition and helped them with preparation for show (pumping up, oiling, ect...)

1997 - 1999

J.A.M. Training

Fitness Demonstrator

- Continued in fitness industry by accumulating hands on knowledge training through **J.A.M.**
- Trained and learned with **IFFB** professionals like **Jason Marcovici** and **Gregg Kovacs**.

- Trained by **Jason Marcovici** on a competitive level for the **1998 Canadian Cup** bodybuilding competition, achieved the **2nd Overall** status.

1996 - 1997

Extreme Fitness

Fitness Assessor

- Meet with clients and Assess there fitness Level.
- Demonstrated the correct use and techniques of basic exercises with client.
- Selling Personal Training Packages.

Security

- Help in keeping place tidy and safe by making sure clients put their weights away.
- Monitoring facilities for problems and if they escalate bring them under control.

ACCOMPLISHMENTS

2019	ONTARIO NATURALS & GREAT LAKES OPEN CLASSIC PEOPLES CHOICE AWRAD BODYBUILDING CHAMP
2001	ONTARIO'S SEXIEST MALE BODYBUILDER
1998	2ND OVERALL CANADA CUP BODYBUILDING CHAMPION
1994	ONTARIO JUDO CHAMPION
1993	1ST OVERALL BARRIE BODYBUILDING CHAMPION

EDUCATION

2003	NESTA - National Endurance Sports Trainers Association Certificate
2003	Heart & Stroke First Aid Certificate
1991-1993	Humber College Toronto Ontario School of Computer Studies Computer Engineering Technology.
1980-1985	Newtonbrook Secondary School North York Ontario. Completed advanced level grade 13 and graduated with diploma Secondary School Honor Graduation Diploma (SSGHD)

REFERENCES

Available upon request