

ALBERTO GIMENO

Professional Summary Skills & Experience

High Performance Physical Trainer

He worked with Miguel Maeso Physical Trainer of:

Marat Safin
Juan Carlos Ferrero
David ferrer
Anabel Medina
Pablo Andujar
David soutu
Andrea Gamiz
Eugenio Donskoy

Personal Trainer

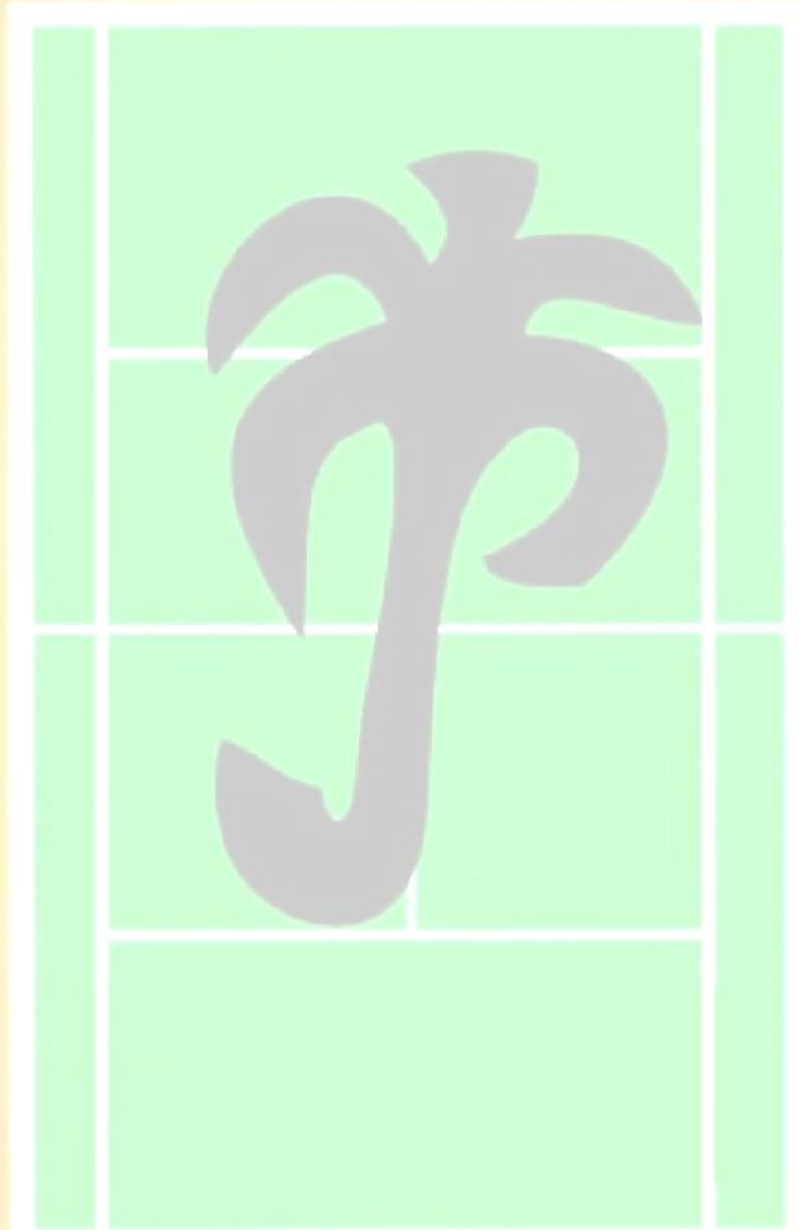
- Run fitness service (one on one personal training and group classes).
- Customized one-on-one training programs and help motivate clients to exercise.
- Leading group exercise classes (circuit training - Trx- core strength and stretch-boot camp- teen and junior activities).
- Instruct and design an exercise program for people with special needs like pregnancy, obesity, injuries and chronic conditions like diabetes or high/low blood pressure.

Physical Trainer

- Sport Manager Assistance at Physical Trainers
- Analysis of the development of elite athlete performing anthropometric tests, stress tests and fitness routines. Assistant of P.E. trainer Miguel

Maeso. (P.E. trainer of elite tennis players like Anabel Medina and Pablo Andujar...)

- Working with Elite athletes from the world of tennis Top Junior in Spain and Europe.



PALMATENIS