

MICHAEL BLOOMER

Self-Employed Personal Trainer

+1 254 254 6913 

mj.bloomer@gmail.com 

United States, Lowry, MN, 4430 Newton
Street, 56349 

PROFESSIONAL SUMMARY

Dynamic and self-motivated Personal Trainer with a passion for helping individuals achieve their fitness goals and improve their overall well-being. Committed to providing exceptional service and fostering a supportive environment to empower clients on their fitness journey.

Personal website: www.mjfitness.com

EDUCATION

2001 – 2013

High School Diploma

Lowry High School

SKILLS

• Injury Prevention	Expert
• Exercise Programming	Expert
• Weight Management	Expert
• Client Education	Expert
• Strength Training	Expert

HOBBIES

- Photography
- Cooking

COURSES

CPR/AED Certification (Renewed in 2024)

Red Cross

Advanced Nutrition Certification (Renewed in 2023)

NASM

EXPERIENCE

2019 – Now

Personal Trainer

Freelance / United States, Lowry, MN

- Assess clients' fitness levels, health history, and goals to create personalized training programs designed to achieve desired outcomes.
- Conduct one-on-one training sessions, focusing on proper exercise techniques, form, and intensity to maximize results and prevent injuries.
- Provide ongoing support, guidance, and motivation to help clients stay committed and overcome obstacles on their fitness journey.
- Manage client scheduling, billing, and administrative tasks to ensure smooth operation of the personal training business.

2016 – 2018

Fitness Consultant

Active Life Wellness Center / United States, Alexandria, MN

- Conducted fitness assessments and consultations to evaluate clients' health status, fitness levels, and goals.
- Provided ongoing support and motivation to clients, monitoring progress and making adjustments to training plans as needed.
- Collaborated with other health professionals, such as physical therapists and nutritionists, to provide comprehensive wellness solutions.

Resume Template Walking Workout Deal

Ian Pickup



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Business and Professional Writing: A Basic Guide, Third Canadian Edition Paul MacRae, Joel Hawkes, Laura Fanning, 2025-03-19 Write with Clarity Communicate with Confidence Business and Professional Writing is a book that practices what it preaches The authors deliver direct engaging guidance on workplace communication with a friendly no nonsense approach The book provides realistic examples and practical strategies to ensure clarity concision courtesy correctness and positivity in every message The text offers guidelines and templates for business correspondence reports promotional materials job searching and oral presentations and covers style editing document design information security and ethics Exercises guide students through the process of creating and revising each genre and helpful tips reminders and suggested resources appear throughout *Life Skills Curriculum: ARISE Four Wheel Drive for the Mind, Book 3: Networking, Jobs & Money (Instructor's Manual)* ARISE Foundation Staff, 2011-07 ARISE Four Wheel Drive Networking Jobs and Money is brimming with old fashioned budgeting skills that help students practice making sound financial decisions Topics include opening a bank account building a support system networking interviewing finding a job and many more

The Federal Reserve Bank of New York Discount Window Advance of \$22.6 Billion Extended to the Bank of New York United States. Congress. House. Committee on Banking, Finance, and Urban Affairs. Subcommittee on Domestic Monetary Policy, 1986 Summary of Progress - National Cooperative Highway Research Program National Cooperative Highway Research Program, 1990 **IRS Printed Product Catalog** United States. Internal Revenue Service, 1991 **PC Mag**, 1998-06-30 PCMag com is a leading authority on technology delivering Labs based independent reviews of the latest products and services Our expert industry analysis and practical solutions help you make better buying decisions and get more from technology Guide to Countryside Interpretation Don Aldridge, Countryside Commission for Scotland, 1975

Sports and Fitness Equipment Design Ellen Kreighbaum, Mark A. Smith, 1996 Sports and Fitness Equipment Design is a valuable resource for anyone who designs sells manufactures or uses sports and fitness equipment It presents practical and objective information on designing evaluating and selecting equipment from athletic footwear to rowing machines Retailers and consumers can use this book to better appraise new products The book addresses three major categories of equipment foot ground interfaces striking implements and personal fitness equipment Readers will find 135 photos and illustrations to help them understand the basic principles underlying equipment design The book s nontechnical language allows consumers and retailers to cut through promotional jargon and make educated decisions in buying and selling sports and fitness equipment Medical Summary, 1890 **The Lancet**, 1937 **Health by Exercise** George Herbert Taylor, 1880 *The popular educator* Popular educator, 1876 Continuing Medical Education Syllabus and Scientific Proceedings in Summary Form, 1998 **Beeton's Dictionary of universal information; comprising a complete summary of the moral, mathematical, physical and natural sciences [&c., ed. by S.O. Beeton and J. Sherer. Wanting pt. 13].** Samuel

Orchart Beeton,1870 **A Treatise on diseases of the ear** Albert Henry Buck,1898 **A Dictionary of Psychological
Medicine** Daniel Hack Tuke,1892 Research Design Explained Mark L. Mitchell,Janina M. Jolley,1992 **PC World**
,2000 City Limits ,2003 Progressive Architecture ,1975

Resume Template Walking Workout Deal Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has been apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Resume Template Walking Workout Deal**," written by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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