

Jaydenn Manella

Personal Trainer

✉ jaydenn.manella@gmail.com

☎ 289-968-5510

📍 2155 Jeffery Ct, Richland, WA 99352

Education

High School Diploma at Tacoma School of the Arts, Tacoma, WA

Aug 2013 - May 2017

Links

[linkedin.com/in/jaydenmanella](https://www.linkedin.com/in/jaydenmanella)

Skills

Anatomy and physiology

Exercise selection and programming

Nutrition

Weight management

Injury prevention and rehabilitation

Behavior change coaching

Motivational techniques

Languages

English

Dutch

Profile

I have over 5 years of experience as a personal trainer. I have helped my clients lose weight, get in shape, and improve their overall health. I am passionate about helping people reach their fitness goals and improving their quality of life. I provide customized workout programs and nutrition plans that help my clients achieve results safely and effectively.

Employment History

Certified Personal Trainer at Tone & Trimmed, WA

Mar 2022 - Present

- Assisted in developing workout routines for 20 clients that helped them safely lose an average of 10 pounds each over the course of 12 weeks.
- Led a group fitness class of 15 people 3 times per week, helping them to improve their cardio health and reduce stress levels.
- Acted as a mentor for new personal trainers, providing guidance and support as needed.
- Successfully completed 18 continuing education credits related to nutrition, kinesiology, and first aid/CPR.
- Documentation of client progress every 4-6 weeks through measures such as weight loss/gain circumference measurements or body fat percentage via skin fold caliper test.
- Success rate with all clients either meeting or exceeding their goals.

Fitness Trainer at Pilates & Power, WA

Jul 2017 - Jan 2022

- Arranged training programs for 15 clients that resulted in an average weight loss of 8 pounds per client.
- Successfully increased the number of active members at The Fitness Center by 20% through innovative marketing techniques.
- Decreased the Body Mass Index (BMI) of 10 obese individuals by an average of 5 points over a 12-week period.
- Led a one-hour group fitness class 4 times per week on average, with up to 25 participants per class.
- Evaluated each new member's level of physical fitness and created customized workout regimens based on their individual needs and goals.

Certificates

CPR/AED (Cardiopulmonary Resuscitation/Automated External Defibrillator)

Jan 2021

First Aid

Jan 2020

ACE-CPT (American Council on Exercise-Certified Personal Trainer)

Jul 2018