

ONE PAGE RESUME

Personal trainer resume template

LENGTH 1 page	LEAD WITH Certification	BULLETS PER ROLE 3 to 4	EACH BULLET HAS A number
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[Your full name]

Certified personal trainer [CPT, specialism]

[City, State]

[Phone] · [Email]

[Instagram or website]

1 Summary

2 lines, no adjectives

Format: {certification} trainer with {time} coaching {client type}. Strongest at {niche}. Looking for {role} at {gym}.

2 Certifications and credentials

put these first

CREDENTIAL	ISSUER	YEAR	VALID UNTIL
[NASM-CPT]	[NASM]	[year]	[date]
[CPR and AED]	[Red Cross]	[year]	[date]

3 Experience

newest first

BULLET FORMULA Verb + what you did + a number (clients, sessions, months, percent)

[Role], [Gym or studio]

[Month year] to [Month year]

+ [Coached 18 clients a week, one to one and in small groups]

+ [Kept 80% of clients for six months or longer]

+ [Wrote 25 programs and ran a monthly progress check with every client]

[Role], [Gym or studio]

[Month year] to [Month year]

+

+

+

+

4 Skills

6 to 8, matched to the job

5 Education

degree, courses, workshops

Before you send it. One page. Certification and CPR at the top. Every bullet has a number or a result. Role, dates and gym match the job post. Saved as PDF, named **FirstName-LastName-Resume.pdf**. Phone and email are correct.