

Linda Lee

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Achievements:

Certifications:

- Cardiopulmonary Resuscitation (CPR) and First Aid Certified, 2006
- National Academy of Sports Medicine Certified Personal Trainer, 2006
- ISO Expert Rating Certified Personal Trainer, 2008

Employment Experience:

Gold's Gym International, Inc **New York, NY** **2006 - Present**
Personal Trainer/Fitness Instructor

- Train 30-35 clients per week using strength training, plyometrics, corrective exercise training and sport conditioning techniques
- Provide preliminary fitness assessments and complimentary session to gym members allowing to achieve monthly sales of \$10,000+ in total training packages
- Design and provide nutritional guidance/advice to help clients with short and long term fitness goals
- Provide clients with Body fat test analysis using skin fold caliper technique
- Instruct and lead group exercise activities through interactive classes such as Boxing, Total Body Conditioning, Pilates Mat and Killer Core

Independent Private Trainer **NY Metropolitan Area** **2008 - Present**

- Celebrity trainer for clients in private locations (homes, personal gyms) focusing on specific training techniques at discretion of the client and creating and designing specific fitness goals and plans catered to the needs of the client
- Provide specific /detailed diet and nutritional guidelines and visit clients' homes to assess postural distortion and suggest alternatives to corrective exercise training, as well as give nutritional guidance to unhealthy foods consumption in their home
- Conduct in-depth body fat analysis and provide assessment to help improve physical fitness and decrease body fat percentages in a healthy and efficient way

Training and Workshops:

- **Pilates Mat:**
 - Basic instructional course on the various methods, techniques and equipment of Pilates Mat training
- **Jen Hendershott Phat Camp 2008:**
 - Seminar designed for women who want to learn about being the best they can be in reference to their fitness, training, and nutritional goals.
 - Workshop designed and instructed by 3-time Ms. Olympia and Fitness International champion

Bodybuilding and Fitness Competitions:

- 2006 National Physique Committee Eastern USA Championship, *Figure*, **5th Place**
- 2006 International Natural Bodybuilding and Fitness World Championship, *Figure*, **9th Place**
- 2007 National Physique Committee Nationals, *Figure*, **14th Place**
- 2008 National Physique Committee Atlantic States Championship, *Bodybuilding*, **2nd Place**
- 2008 National Physique Committee Nationals, *Light Weight Bodybuilding*, **Qualified Class contender**
- 2017 National Physique Committee Nationals, - *Middle Weight Bodybuilding* **1st Place – International Federation of Bodybuilding Professional Bodybuilder**

Commercial Photography:

- 2008, Muscular Development, Mike Yurkovi c – Photo shoot for Muscular Development column in “What’s Hot”
- 2008, Muscular Development, Dan Ray– Muscular Development 2008 National post-competition Photo shoot
- 2008, Muscular Development, Chris Zimmerman – Photo shoot for Muscular Development online website
- 2007, Dan Ray Photography, Dan Ray- Fitness photos for 2006 Team Universe competition advertisement

Skills:

- Basic literacy and fluency in Korean
- Classical style trained singer with understanding of music/singing theory, nuance and execution

- **MuscleTech Research and Development:**

- Participated and completed the Hydroxycut Transformation Challenge losing 34lbs in 12 weeks and achieving a lean physique of 126 with 10% body fat
- Sponsored to travel to and from MuscleTech headquarters in Canada for professional photo shoots and related events
- Received Sponsorships to compete in the 2008 National Physique Committee Nationals Championship to compete for a Bodybuilding Professional Card

- **Dream Weavers Management, Inc.**
 - Model representative for modeling/acting agency
- **Species Evolutionary Nutrition**
 - Representative for Species nutrition products at Bodybuilding/Fitness Events