

ALLEN HOLMES

108 Avenue D Apt# 10A New York, New York 10009

(646) 353-6837 | allenholmes18@gmail.com

EXPERIENCE

CORE RELIEF

- REGISTRATION FOR COVID-19 TESTING
- REGISTER 200-300 PEOPLE IN 4 HOURS
- SET UP EQUIPMENT
- BASIC COMPUTER SKILLS INPUTTING OVER 200 PEOPLE FOR TESTING

CRUNCH GYM - PERSONAL TRAINER W 23RD ST 7TH AVE

July 17th-january 2020

- Train individuals for weight loss
- Set up workout plans and meal plans for clients
- Create on demand videos on my social media platforms for guidance
- Week to week check ins for clients

SUMMIT SECURITY - security guard for 50 hudson yards

January 2020 - Present

- Secure premises.
- Give access to construction workers on the construction site.
- Keep log of each truck delivery throughout the work day

White & Case - *Office Assistant*

February 2017- July 2018

- Responsible for mail, shipping arrangements and organizing travel itineraries; organized and coordinated courier systems training

New York Sports Club - *Housekeeping/Front Desk*

December 2015-August 2016

- Assisted clients; kept lounges, elevators, stairwells, lavatories, common areas, and waste disposal areas clean

Fedex - *Package Handler*

May 2011- August 2011

- Unloaded and stacked packages off trucks; lifted and carried items weighing 70 pounds or more; assisted customers

Ultimate Renovations - *Laborer*

July 2010 – September 2010

- Performed maintenance and construction work for group home
- Assisted other personnel as needed to maintain safety in assembling/packaging area

Max Delivery Warehouse - *Warehouse Worker*

May 2012-June 2012

- Loaded and unloaded trucks, stocked and rotated items

Boys and Girls Republic - *Program Assistant/security guard*

March

2008-June 2011

- Oversaw evening recreational activities, performed community marketing initiatives, researched and acquired guest speakers

- Set up gymnasium; tracked, stocked and managed tournament equipment, trophies, and referee staff.
- Secured the area kept kids and parents safe.
- Ensured a safe environment

BALANCE TRAINING CENTER ON CAMERA-PERSONAL TRAINER april2021-present

- Perform training workouts for the elderly on camera via zoom
- Help with strength and balance
- Guide them through workouts
- Give a fun hands on experience

L.A FITNESS HEAD TRAINER/MANAGER

- Perform training workouts/programs for clients
- Manage personal trainers
- Prospects clients for trainers
- Maintained 30k monthly revenue for gym/personal training packages.

EDUCATION / CERTIFICATIONS

Pathways to Apprenticeship, Brooklyn, NY

1/28/18-2/25/19

Completed 140-hour NYC Building Trades “Direct Entry” Pre-Apprenticeship

Class that included general work readiness and building trade skills, including 3 certifications:

- OSHA 30 Hour · 4 Hour Supported Scaffold Safety · 4 Hour Flagging
- Licensed security guard

Cascades High School, New York, NY

High School Diploma

198 Forsyth Street

2008-2009

Other Certifications:

- INTERNATIONAL SPORT SCIENCES ASSOCIATION (ISSA) CERTIFICATION
- Certified Personal Trainer and Exam
- CPT Bootcamp
- NCCPT CPT Exam
- Nutritionist and Exam
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- Nutritionist Bootcamp
- Exercise Recovery Specialist and Exam
- Group Exercise Instructor and Exam
- NCCPT Group Exercise Instructor Certified
- Certified Indoor Cycling Instructor Certified
- NCCPT Indoor Cycling Instructor Certified
- Certified Yoga Instructor Certified
- NCCPT Yoga Certified

Spartan sgx certification

- CPR certification • National Personal Training Certification
- TRX CERTIFIED