RICARDO

**MALTA**

Colorado Springs, CO 80920

(970) 712-7179

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**OBJECTIVE**

Reliable professional experienced in working with the public, tailored towards providing exceptional customer satisfaction. Accustomed to maintaining high productivity and energy with heavy workloads.

# SKILLS

* Bilingual
* Strong Verbal communication/leadership
* Highly adaptable
* Quick learning capacity
* Client/vendor relations
* Organized
* Skilled problem solver
* Value attention to detail
* Extensive computer/technological knowledge

# EXPERIENCE


## Reality Television | Telemundo

01/2021 – 03/2021

Miami, Fl

* + Presented myself with the upmost professionalism on and off camera
	+ Displayed good sportsmanship and acted as a team player
	+ Gained experience in communicating to a very large audience
	+ Selected out of thousand to represent my country in a competition

## Crossfit Coach| Crossfit Controlled Chaos

### 05/2018 – PRESENT

Colorado Springs, CO

* + Deliver thorough explanation of the proposed daily routines to all members

* + Uphold compliance with values and requirements of CrossFit when instructing individual members and group classes
	+ Adjust exercises to member skill and fitness level, if needed
	+ Complete educational courses to further knowledge of field and kept body in peak condition to maximize effectiveness
	+ Develop routines to avoid injuries, maximize effort, and facilitate client attainment of personal fitness goals
	+ Prepare teaching area for each class and return all equipment to storage after classes

**EDUCATION**

**Bachelor of Science: Exercise Science | University of Colorado at Colorado Springs**

12/2019

* + Cum laude graduate
	+ 3.6 GPA
	+ Minor in Pre-Dental
	+ Club Med Member

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