

# Martiza Arquines

Personal Trainer

## Profile

Driven personal trainer with 2 years of experience, passionate about helping clients achieve fitness goals. Known for a motivational approach and a strong desire to expand knowledge and skills. Energetic, adaptable, and committed to fostering a positive workout environment.

## Employment History

### Personal Trainer at Equinox, WA

Mar 2025 - Present

- Increased client retention rate by 27% through personalized fitness plans and consistent follow-up on progress.
- Designed and implemented a new high-intensity interval training program that boosted class attendance by 43% over three months.
- Mentored junior trainers, enhancing team performance and achieving an average client satisfaction score of 9.4 out of 10.
- Developed workshops focused on injury prevention techniques, resulting in a 16% decrease in client-reported injuries.
- Collaborated with nutritionists to create integrated wellness packages, leading to a 35% rise in cross-departmental service bookings.

### Fitness Instructor at Life Time Fitness, WA

Feb 2023 - Feb 2025

- Developed and implemented a personalized training program that increased client retention by 18% over a year, fostering stronger client-trainer relationships and enhancing overall gym satisfaction.
- Spearheaded a group fitness initiative, leading to a 25% rise in class attendance within six months, while introducing innovative workout routines tailored to diverse skill levels.
- Mentored junior trainers through monthly workshops, improving their instructional techniques and boosting team performance ratings by 15%, demonstrating commitment to continuous learning and development.

## Certificates

### Certified Strength and Conditioning Specialist (CSCS)

Jan 2024

### Functional Movement Screen (FMS) Certification

Sep 2022

## Memberships

American Council on Exercise

National Academy of Sports Medicine

✉ [martiza.arquines@gmail.com](mailto:martiza.arquines@gmail.com)

☎ (999) 568-4938

📍 Bellevue, WA

## Education

### Associate of Science in Exercise Science at Bellevue College

Apr 2019 - May 2023

Anatomy and Physiology, Kinesiology, Exercise Physiology, Nutrition, Biomechanics, Fitness Assessment, and Health Promotion.

## Links

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

## Skills

CPR/AED

NASM

Kinesiology

Nutrition

Biomechanics

Anatomy

## Languages

English

Italian

## Hobbies

Yoga

Rock Climbing

Pilates