

# Alexandros Kandias

## Personal Trainer

Nea Erythraia, 14671, Athens, Greece

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Date of Birth: 1991 September 6

### PROFILE

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- Use an individualized approach, assess, motivate, educate and train clients regarding their personal health and fitness needs.
- Design safe and effective exercise programs, provide the guidance to help clients achieve their personal health and fitness goals.
- Extensive experience in designing and executing specific training sessions, particularly for clients with sedentary jobs. To help them move and reach maximum health and fitness potential through movement, innovation and science in a personal and group setting.
- Work with clients to set goals, monitor their progress, and continuously meet and exceed their goals.
- Screen clients for functional movement patterns to ensure that they can move well without pain or severe limitations.
- Coaching resistance training movements.
- Perform CPR and administer first aid in case of emergencies.

### WORK EXPERIENCE

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2017 – Today

#### **Freelancer - Personal Trainer**

- Deliver one-on-one and group fitness sessions using a range of training styles and equipment.
- Designing safe and effective individualized training programs for specific goals.
- Exercise programming for individuals with controlled cardiovascular, pulmonary, metabolic diseases, musculoskeletal limitations, children, adolescents, pregnant women and older adults.
- Coaching clients to get the most of the training session.
- Evaluate client's fitness levels and health conditions.
- Fitness assessments including cardiorespiratory, strength, endurance flexibility and functional movement.
- Body composition and weight management.
- Build a positive and trusting relationship with clients.
- Behavior changes coaching.
- Advise clients on how to change nutritional and lifestyle habits as needed.
- Stress control management

2017 – 2021

#### **Holmes Place (Maroussi) - Personal Trainer - Fitness Instructor**

- Design safe and effective exercise programs using an individualized approach.
- Lead both individual and group training sessions.
- Provide specialized support for clients with specific health conditions to allow them to access fitness activities safely.
- Conduct detailed consultations and movement assessments to onboard new clients and tailor fitness plans to individual client needs.

- Explain safe and proper use of gym equipment.
- Promote the gym's fitness packages and plans.
- Inform clients about gym safety and hygiene guidelines.
- Build a positive and trusting relationship with clients.
- Advise clients on how to change nutritional and lifestyle habits as needed.

2018 –2019      **New York College (Athens) - Group Fitness Instructor**

- Coach students in a group setting.
- Design safe and effective group exercise training programs.
- Evaluate students' fitness levels and health conditions.
- Fitness assessments.
- Build a positive environment.
- Advise students on how to change nutritional and lifestyle habits as needed.

2016 - 2016      **Aberdeen Grammar School (Scotland) - Physical Education Teacher (Intern)**

- Supervise practical PE lessons, including both indoor and outdoor classes.
- Ensure that children compete to their ability level and aren't exposed to unnecessary injury or illness through school sports.
- Motivate school children to take up new sports or athletic pursuits.
- Evaluate the performance of students throughout the school year.
- Attend parents' evenings and provide parents with comprehensive reports on their child's progress.
- Transport individual competitors, school teams and other teachers to and from school sporting events.
- Manage and organize classes through planning and preparing for teaching and learning.

2013 - 2013      **Performance 22 (Athens) - Assistant Strength and Conditioning Coach**

- Coach athletes of different sports, levels and ages.
- Create individualized exercise programs to improve athletes performance and achieve their personal goals.
- Work one-on-one and create a special form of exercise based on strength and weakness.
- Inspect and ensure members are performing exercises safely.
- Nutrition advice..
- Maintain inventory of equipment for the gym and upgrade it as necessary.

**EDUCATION**

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2012 -2016      **Bachelor of Science in Physical Education**  
University of Strasbourg, Sports Sciences Department, France

2012 – 2016      **Bachelor of Science in Sports Coaching**  
University of Strasbourg, Sports Sciences Department, France

**LICENCES & CERTIFICATIONS**

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- Ongoing      ▪ Online Training Course - Online Trainer Academy, Online, Canada
- Jul 2019      ▪ 1st IFBA Live Conference for Personal Trainers (University of Warwick), Coventry, UK
- Jun 2019      ▪ Functional Strength Coach - Mike Boyle Strength & Conditioning, Online, Boston MA, USA

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- May 2019 ▪ Mastery of Program Design - RF University, Online, California, USA
  - Nov 2018 ▪ Nick Tumminello's 2-Day Mentorship for Personal Trainers - Nick Tumminello, Athens, Greece
  - Jul 2018 ▪ Functional Movement Screen Level 1 & 2 - FMS, Athens, Greece
  - Feb 2018 ▪ Building the Ultimate Back: From Rehabilitation to Performance - Dr. Stuart McGill
  - Oct 2017 ▪ Suspension Training Course L1 - TRX Training, Athens, Greece
  - Jul 2017 ▪ Emergency First Responce - PA.SX.NA, Athens, Greece
  - Jun 2017 ▪ Personal Training Foundation Course - Holmes Place International, Athens, Greece
  - Feb 2017 ▪ Sports Talent and Endurance Training in youths - ERGOFIT, Athens, Greece
  - Sep 2016 ▪ Positive Coaching - Sportscotland Institute of Sport, Aberdeen, Scotland
  - Jun 2016 ▪ Certification in Elite Training System for Sport and Fitness - Performance 22, Athens, Greece
  - Dec 2015 ▪ Uefa C Licence Football Coach - UEFA, Athens, Greece
  - May 2014 ▪ Philosophy and Sports - National and Kapodistrian University, Athens, Greece

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## **FOREIGN LANGUAGES**

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**English:** excellent level of reading-writing, good level of speaking

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## **REFERENCES**

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Recommendation can be provided upon request