



MARCOUS DUNN

Certified Personal Trainer

EDUCATION

December 2006

*Bachelor of Liberal Arts
Minor in Sports Medicine*
North Carolina Agricultural
and Technical University

August 2006

*Fitness and Wellness
Management*
Johnson C. Smith
University

Professional Skills

Strength Training

Athletic Enhancement

Personal & Group Training

Stretch & Flexibility Enhancement

Hobbies & Interests

Professional Screenplay
Writer

Author

Mentor

Life Coach

PROFILE INFORMATION

As a personal trainer, Coach Dunn leads individualized workouts incorporating cardio and strength exercises. He works with clients to evaluate fitness levels, set goals, monitor progress and blast through plateaus. As a group fitness instructor, he leads fun, energetic classes for diverse age groups and fitness levels. As a Sport Enhancement Trainer, Coach Dunn empowers athletes to excel in sports to compete at any level by enhancing Speed, Strength, Agility, Condition, Core Strength, and Flexibility.

Phone: 919.798.7942

Email: Marcousdunn@yahoo.com or info@getitdunnfitness.com

Address: 7716 Pence Rd Ste D Charlotte, NC 28215

WORK EXPERIENCES

June 2013 – Present | Fitness Manager and Trainer

Dunn Fitness, LLC Charlotte, NC

- Train various clients based on their personal needs and availability
- Actively hire and terminate fitness staff, complete schedules weekly, prepare payroll, manage inventory and budgets
- Mentor and guide staff members for optimization
- Assure that all prescription drugs, vitamins, and enhancements are safe for clients while training as it pertains to their health and fitness.
- Virtually train small organizations, individual and large groups through social media, and advanced technology

August 2009 – May 2012 | Elite Certified Personal Trainer

Lifestyle Family and Fitness Raleigh, NC and Charlotte, NC

Training and Managerial Duties include:

- Physical therapy, rehabilitation and personal training services for individuals who were retired or returning athletes
- Serve as personal trainer to local business owners and residents
- Design workout routines according to individual needs
- Instruct and evaluate personnel for hiring and/or terminating of staff members for continuous organizational growth
- Conduct scheduling, payroll, managing inventory and budgets
- Provide mentoring and guidance to entry level staff members
- Collaborate team development while teaching & performing intricate steps necessary to train professionally by way of excellent communication with physicians and insurance providers
- Participate in operational meetings, prepare grant proposals, assist with merchandising and marketing presentations while reviewing new or discontinued items within operations online and on-site to help further business operations

Customer Service Duties Include:

- Service and satisfy the customer(s) health care needs in and out of a 250 mile radius
- Provide open communication with clients and patients while protecting their confidential health and drug information to provide appropriate medical/counsel advice.
- Maintain inventory levels by following defined training practices and healthcare guidelines using the Telxon machine.
- Utilize drug usage reports to adjust metabolic intake while maintaining a perpetual consumption schedule to promote muscle or body fat shrinkage.
- Communicate and interact with physicians, dentists, nurses and others in health related fields to better serve customers
- Ensure compliance with all company procedures and federal and state laws, rules and regulations.

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WORK EXPERIENCES

MARGINAL FUNCTIONS Duties Include:

- Respond to alarm calls, coordinate and implement the training and development of Training Technicians, Interns and other Physical Therapist/Professional Trainers.
- Establish, coordinate and maintain work schedules to best serve the needs of the customer and in accordance with budgeted payroll hours.
- Seek out competitive information regarding prices, wages, services offered
- Actively participate in the HEALTHWISE program, help cover when needed during time of illness or vacations, complete manual claim form listing, and call-in weekly sales, hours and script information.
- Complete inventory control log, adjust merchandise facings, and record necessary transactions on reconciliation log to maintain functionality of the organization.

June 2004 – 2008 | Fitness and Wellness Center

Equipment Manager and Assistant Greensboro, NC

- Provide rehabilitation services, wrap and secure ankles from fractures/springs.
- Assist the leading equipment manager in daily assignments in sports medicine
- Assist with setting the fields on campus for practices and game day
- Handle the football equipment for the players and interact as a ball player myself.

Spring 2002 - 2004 | Boys and Girls Club

Youth Mentor: Boys and Girls Club Raleigh, NC

- Mentor of a collaboration program between K-12 students needing guidance academically and personally during the school year and summer sessions
- Provide children with support for those families or children in foster homes needing assistance dealing with real life challenges while transitioning into adulthood.