

TROY EDWARDS

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 (603) 858-9645
 Manchester, NH 03109

PROFESSIONAL SUMMARY

Highly experienced personal trainer with management experience in manufacturing. Many of my athletes have gone on to compete at national levels, but I'm just as proud to point out I've given many older clients the ability to return to athletic hobbies they've previously had to quit. Motivated and curious, and happy to tackle new projects that require learning new skills

SKILLS

- Project Management
- Software
- Motivational and Dynamic
- Creative Problem Solving
- Fitness-Level Accommodations

EDUCATION

University of Massachusetts - Lowell
Lowell, MA • 05/2001

Associate of Science:
Computer And Information Sciences

WEBSITE, PORTFOLIO, PROFILES

- <https://foundationpersonaltraining.com/>

WORK HISTORY

Sanmina - Floor Manager
Derry, NH

- Established and optimized schedules to keep coverage and service in line with forecasted demands.
- Kept orderly and accurate records of production.
- Worked with engineers to establish manufacturing procedures on new products.
- Created training procedure for use of all new employees, as well as a "Train the trainer" program
- Submitted reports to senior management to aid in business decision-making and planning.
- Team member for Quality Control.
- Team leader for Safety Management.

The Executive Health & Sports Center - Personal Trainer
Manchester, NH • 11/2020 - Current

- Trained clients during strength training, cardio vascular exercise and stretching.
- Developed, planned and led personal and group fitness sessions as well as well-known specialty fitness programs.
- Designed specific workout systems for individual clients

based on performance ability.

- Educated customers on preventive care, nutrition, fitness, stress management and ergonomics.
- Educated customers through creative presentations about health and personal benefits of services.