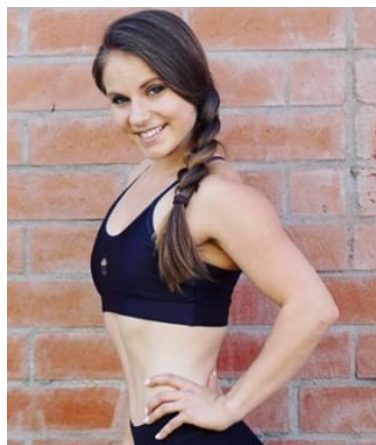


Kaycee Duale

WWW.KAYCEEDUALE.COM

NASM Certified Trainer / Group Fitness
Instructor
Fitness Ambassador

5309 Riverton Ave #7
North Hollywood, CA, 91601
kayceeduale@gmail.com
216-956-3606



EXPERIENCE

Pulse Fitness Studio, Sherman Oaks

2017 - PRESENT

Lead instructor for boxing & sports conditioning classes. Instructor for circuit training, Tread & Tone classes, and 5x5 (olympic-style weightlifting) classes. Program every workout with versatility and functional training elements.

Personal Trainer & Nutrition Consultant, Los Angeles

JUNE 2016 - PRESENT

Design individual fitness plans for clients. Educate and encourage healthy dietary habits. Keep track of client programs and progress. Ensure clients are educated and performing exercises with proper form for injury prevention

Popsugar Fitness, Los Angeles

FEBRUARY 2016 - PRESENT

Demonstrate all workout components and modifications for media based fitness programs and resources.

Pop Physique, Los Angeles

OCTOBER 2015 - FEBRUARY 2016

Barre and mat pilates instructor. Creates lesson plans for 60 minute barre workout class. Have extensive knowledge of modifications, injury prevention, and progressions to give each client a unique and individual challenge.

EDUCATION

National Academy of Sports Medicine, Los Angeles —

DECEMBER 2015

Certified personal trainer. Continuing education in specializations.

Miami University, Oxford

SEPTEMBER 2012 - FEBRUARY 2014

Kinesiology major, Dance Theatre choreographer/company member.

SKILLS

Organization

Industry
Knowledge

Coaching /
Communication

Music & Video
Editing

Time management

Creativity

Leadership

CERTIFICATES

NASM CPT

BNB certified
boxing coach

CPR/AED certified
6 years of
consecutive
certification and
knowledge in
CPR/AED usage.