

# Franklin Stephen Antoian

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## **Professional Profile**

Certified Personal Trainer who designs & implements fitness programs per client's specific needs, goals, lifestyle, exercise & health history. Injury prevention, pre-hab & rehab experience.

## **Certifications**

ACE Certified Personal Trainer, TPI Golf Fitness Instructor Level 2, CPR.

## **Professional Accomplishments**

Founder of iBodyFit.com, Online Fitness Expert for ManageMyLife.com, Author of '*The Fit Executive*'. Featured in SHAPE, USA Today, Fox News, Real Simple, iVillage, Palm Beach Illustrated, Allyou.com, The Palm Beach Post, INC magazine & more.

## **Professional Experience**

### **iBodyFit.com, Palm Beach, FL**

#### **Certified Online Personal 2006 to Present**

- Design safe, fun & effective personal fitness workouts online based on clients goals, age, health, exercise history & fitness level for clients around the world.
- Founder of iBodyFit.com.

### **PGA Resort and Country Club, Palm Beach Gardens, FL**

#### **Certified Golf Fitness Instructor 2012 to Present**

- Design safe and effective personal golf specific fitness programs based on clients goals, age, health, exercise history & fitness level.
- Performed fitness evaluations according to ACSM and ACE standards.

### **Royal Palm Yacht and Country Club, Boca Raton, FL**

#### **Master Personal Fitness Trainer, 2005 - 2012**

Royal Palm Yacht and Country Club, Boca Raton, FL

- Designed safe, effective and appropriate personal fitness programs based on members goals, age, health, exercise history & fitness level.
- Performed fitness evaluations according to ACSM and ACE standards.
- Designed the first Golf Specific Personal Training program at RPYCC.
- Highest grossing trainer for 2008, 2009 seasons.

### **Club Fitness, Lighthouse Point, FL**

#### **Personal Fitness Trainer, 2000 - 2005**

- Worked closely with a wide array of clients, including young adults, healthy individuals, seniors & special populations to help achieve goals via custom workouts.

**Franklin Stephen Antoian, ACE, TPI**

Excellent references available.