

Amir Harden

Committed and passionate about helping others reach lasting fitness and wellness through expert guidance and holistic support.

Miami FL

786-877-8348

Amirharden7@gmail.com

Amirharden.com

EDUCATION

Florida Atlantic University B.S. in Exercise Science & Health Promotion — 2024

Gained hands-on experience in exercise physiology, nutrition, and health promotion, developing skills in personalized fitness programming, client motivation, and holistic wellness. Deeply enjoyed applying what I learned in labs and internships, fueling my passion for helping others succeed in the fitness and wellness industry.

EXPERIENCE

Amazon Fulfillment Center — Process Assistant

Miami, FL | Nov 2018 – Present

- Led team stretch sessions and daily safety routines
- Motivated and coached team members to reach performance goals
- Managed workflow, training, and productivity in a fast-paced environment

Independent Personal Trainer

Miami, FL | 2022 – Present | amirharden.com

- Designed personalized workout and meal plans tailored to client goals
- Coached and motivated clients to stay consistent and achieve sustainable results
- Tracked progress and adjusted programs to maximize performance and wellness
- Focused on holistic support, including injury prevention and recovery guidance

Certifications

- Certified Personal Trainer – IAP Career College (Nov 2024)
- Basic Life Support (BLS/CPR) – National CPR Foundation (Sept 2024)

SKILLS

- Personalized fitness programming
- Client motivation & goal tracking
- Injury prevention basics
- Mentorship and coaching
- Strong communication & team support
- Proficient in Microsoft Word & PowerPoint

