

# RANDY GRIFFITHS

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**Certified Personal Trainer with over 15 years experience**

## Certifications and Competencies

- Functional Anatomy
- Flexibility Training
- Training of the Pregnant and Post-partum client
- Essentials of Post Rehab Fitness
- Marathon Training for the Injured Athlete
- Muscle Energy Evaluation and Stretching Technique
- Proposal development and editing
- Product differentiation
- Weight loss expert
- Plyometrics
- Muscle building
- CPR
- First Aid
- Kickboxing

## EDUCATION

1991 - 1993

### **Borough of Manhattan Community College**

Major: Business Management

1982 - 1986

### **Abraham Lincoln High School**

Track & Field: 4 Seasons, Running in Penn Relays and Distrits yearly  
Volleyball: 2 Seasons

## EXPERIENCE

2006 - Present

### **BBR Fitness Inc,** New York, NY

*Owner/Personal Trainer*

- BBR Fitness operated within a 3200 sq ft full scope fitness facility in a prime Soho location from 2006-2008
- It included over 25+ pieces of universal machines, free weights, cardio machines and separate male and female locker rooms and showers
- Since then, clients train in a private facility in lower Manhattan and there is more emphasis on travel and accommodating current clients

2000 - 2006

### **Crunch Fitness,** New York, NY

*Personal Trainer*

- Trained over 9 clients per day resulting in becoming the highest grossing trainer at the flagship location
- Brought in over \$125,000 a year for the gym per clientele trained
- Frequently participated in charitable events, including personal training instruction

1995 - 2000

### **Independent Trainer,** New York, NY

- Established a strong foundation in proper exercise techniques and methods
- Created personalized workouts for each of my clients based on specific goals
- Built up clientele to develop lasting relationships

## CERTIFICATIONS

1995 - Present

### **International Fitness Professional Association**

- *Accredited Personal Trainer Certification*

1995- Present

### **Various**

- Fitness Functional Anatomy
- Flexibility Training
- Training of the Pregnant and Post-partum client
- Essentials of Post Rehab Fitness
- Marathon Training for the Injured Athlete
- Muscle Energy Evaluation and Stretching Technique

2001

### **World Kickboxing Association**

- *Fitness Kickboxing Instructor Certification*

## INTERESTS

Nutrition, travel, exercise, entrepreneurship, strength training and muscle development