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# PERSONAL STATEMENT

A highly motivated and enthusiastic **Personal Training Instructor (PTI)** with a background in military fitness and statistical administration. Ensuring that a high level of fitness is maintained, which is achieved through self discipline and by setting objectives during personal training sessions. An effective team leader, skilled communicator and confident independent worker who is quick to learn and adapts well in new work environments.

KEY SKILLS

* Punctual with excellent communication skills
* Supervisory and leadership experience
* Works well under pressure
* Effective in group and independent tasks
* Proficient in data input and creating statistical information

CAREER HISTORY

# 2012 – Present day Physical Training Instructor (Germany)

* Duties as a personal trainer in the British army include taking up to 50 men on fitness, planning and executing different lessons on a daily basis for example, steady state run, circuits, battle personal training, tabs (running with weight over a set distance and pace) fitness tests, sports parades, indoor and outdoor assault courses and flexibility lessons.
* Permanently based in the gym and performing other duties, this includes keeping the gymnasium to a clean standard, typing up test results on the MOD’s intranet to keep up the statistics of the students.
* Providing personal training sessions to students that fail fitness tests to improve their chances of passing in the future.
* Developing the student to a high level of fitness for their upcoming deployment to Afghanistan (September 2013.)

**2011-2012** Physical Training Instructor **(Afghanistan)**

* Throughout the 7 months tour in Afghanistan as a personal training instructor, the students needed to acclimatize to the temperature and altitude, this was achieved by slowly building up their lessons till they felt comfortable in their new environment.
* Whilst deployed the planning and execution of a fun sports day in celebration of the Royal wedding was undertaken, this consisted of 10 fun events, food and prizes to the winners at the end of the day’s event. This helped build team spirit and moral to all the men/women that attended.

**2012-2012** Physical Training Instructor **(Jordan)**

* As a personal training instructor the first 2 weeks was to help the students to perform to their highest standard in the strenuous temperatures and altitude.
* With minimal equipment and technology, circuits, steady state runs, flexibility and build up lessons were taken to an excellent standard. Which helped maintain the students already high fitness level before there deployment to Afghanistan.
* One objective was creating and taking a map reading lessons in Jordan, this involved a week of preparations of the route, and the clues to the next check point. On completion of the lesson plans, a full descriptive brief was given to each team before the set off. The lesson was a great success and further developed team leader abilities.

**2010-2012** Physical Training Instructor **(Germany)**

* Completion of the physical training instructor course in June 2010, at the All Arms Physical Trainer Instructor School. Achieving high standards in the classroom within the skills of personal training.
* On completion of the Physical trainer instructor course and through working in 32 engineer regiment gymnasium, perfection of confidence and skills within physical training in a military environment were achieved.

# CAREER SUMMARY

* 2010 – Present Day Physical Training Instructor (Germany, Jordan, Afghanistan)
* 2009-2012 HM Forces, Royal Engineer (Germany)
* 2006-2009 HM Forces, Basic Training, B3, A1 (UK)
* 2001-2006 Student, Standish Community High School (UK)

# VOLUNTARY WORK

**Duke of Edinburgh’s Award** to develop leadership skills. Completion of the bronze award enabled the undertaking of the silver award. A criteria of the award included management of a small team walking across the Lake District spanning over 12 miles, within a set period of time, this was through harsh weather conditions and a difficult terrain. After embarking on the charity work the silver award was achieved.

# QUALIFICATION AND TRAINING

* + - All Arms Physical Training Instructor Course
    - Reps level 2 and 3 Personal Trainer
    - Certified Studio Spin-Cycling Instructor
    - Certified Kettle bell instructor
    - Certified MMA style fitness instructor
    - Certified Circuit instructor
    - Certified Strength and conditioning instructor
    - HABC Level 2 Award in Emergency First Aid at Work (QCF)
    - The Duke of Edinburgh’s Award bronze and silver
    - 8 GCSE’s including English and Maths