

Frederick Major

Certified Personal Trainer
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April 13, 2021

Summer Woodward
Senior Hiring Manager
Planet Fitness
(135) 791-3579
s.woodward@youreemail.com

Dear Ms. Woodward,

During my gym internship, I devised and ran a group class to improve strength and mobility for clients aged 60 and over. A total of 87% of participants reported a significant reduction in joint pain, and 92% signed up for a second course after the initial 12-week cycle. I hope to demonstrate similar innovation and target group knowledge as a personal trainer at Planet Fitness.

As a newly qualified fitness professional with an energetic and engaging interpersonal style, I would relish the opportunity to work for an industry leader like Planet Fitness. I believe that my recent achievements on my CPT course show that I have the skills to succeed in your company. These include:

- Receiving praise 5x from my assessor for my detailed knowledge of program personalization techniques for people with chronic health conditions
- Achieving 98% positive feedback from clients during my placement at Crunch Fitness
- Scoring 118/120 during my final exam, demonstrating a comprehensive understanding of client assessment, exercise technique, and program design

I would like to schedule an interview to explore how I can use my skills to provide outstanding service to Planet Fitness' clients. Please get in touch to arrange a convenient meeting.

Sincerely,

(Insert Signature Here)

Frederick Major

P.S. I would like to share how I sold over \$1k of memberships during my practicum.