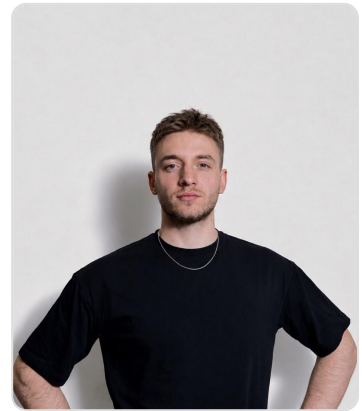


VLADIMIR PANIN

PERSONAL TRAINER · STRENGTH & CONDITIONING COACH · FITNESS COACH

Moscow, Russia · Open to international relocation · Available with ~2 weeks' notice ·
+7 977 155-68-04 · thepanin.biz@gmail.com



PROFESSIONAL PROFILE

Personal Trainer and Strength & Conditioning Coach with 5+ years of coaching experience and nearly 3 years in commercial fitness-club environments. Currently manages an active portfolio of approximately 20 personal training clients. Bachelor's degree in Coaching from the Moscow State Academy of Physical Culture, with a competitive track & field background at Candidate for Master of Sport level and multiple Moscow Championship medals. Experienced in one-to-one coaching, client consultations, individualized program design, strength and conditioning, progress tracking, group fitness, running coaching and client retention. Open to international fitness, wellness and hospitality roles.

PROFESSIONAL EXPERIENCE

PERSONAL TRAINER / GROUP FITNESS INSTRUCTOR

Fitness Center 100% · Moscow
Oct 2023 — Present

- Manage an active portfolio of approximately 20 personal training clients, delivering individualized strength, conditioning, fat-loss and general fitness programs.
- Conduct initial consultations, identify client goals and training needs, recommend personal training solutions and support package renewals.
- Design and adapt training programs, coach exercise technique, lead group fitness sessions and track progress through performance, measurements and training consistency.
- Recognized as Employee of the Month 10 times within a 12-month period for performance, client service and contribution to the club.

FOUNDER / RUNNING COACH

Running Is Important · Moscow
2021 — 2023

- Founded and developed an independent recreational running club, organizing training, participant communication and day-to-day operations.
- Personally coached approximately six regular runners and led group sessions for mixed fitness levels, focusing on running technique, conditioning and progressive training.

FREELANCE PERSONAL COACH

Moscow, Russia
2020 — 2023

- Delivered independent one-to-one coaching in gym and home settings, creating individualized programs based on client goals, fitness level, training experience and available equipment.
- Supported long-term client adherence through regular progress review, technique coaching and practical training adjustments.

EDUCATION

Moscow State Academy of Physical Culture

Bachelor's Degree in Coaching ·
2025

SPORT & QUALIFICATIONS

- Candidate for Master of Sport in Track & Field — Russian national competitive sports classification
- Multiple-time medalist at Moscow Track & Field Championships — Heptathlon, Decathlon & Javelin Throw
- Youth academy football background — competitive level through age 17
- NASM CPT Program — in progress; target completion November 2026
- NASM/AFAA CPR powered by ASTI — Certified; valid through Aug 2028

CORE SKILLS

Personal Training

Strength & Conditioning

Program Design

Client Consultation

Client Retention

Group Fitness

Running Coaching

Progress Tracking

LANGUAGES

Russian — Native

English — Intermediate (B1), actively improving