

**Stephen Flam**  
**2822 Koger Lane**  
**Johns Island, SC 29455**  
**(917) 743-2911 Email-stephenflam@yahoo.com**

**Objective:** Obtain the position of fitness trainer and massage therapist

**Education:** **Graduate of Swedish Institute College of Health Science**  
Licensed Massage Therapist in the States NY and SC  
Exercise Science and Advanced Personal Training Degree

**Training Certifications:** NSCA National Strength and Conditioning 2008-2023  
ACSM American College of Sport Medicine 2008-2023  
USAW United States of America Weight Lifting  
PSC Pilates Sports Center  
TPI Titleist Performance Institute  
TRX Body Weight Suspension Training  
Schwinn Cycling Instructor  
Mad Dog Spinning Instructor  
KBC Level II Kettlebell Instructor  
KBC Kettlebells for Metabolic & Neurological Adaptation  
KBC (I.F.E.T) Integrated Functional Explosive Training  
FCES Flexibility & Corrective Exercise Specialist  
FCES Focus on Flexibility (part 1) The Extremities  
FCES Focus on Flexibility (part 2) The Trunk, Self-Myofascial Release and Core Stabilization

**Massage Certifications:** Deep Tissue Massage  
Trigger Point Therapy  
Shiatsu  
Periodization of Sports Massage  
Manual Lymphatic Drainage  
Traditional Southern Thai Wat Po Massage  
Rapid Relief Rehabilitative Bodywork

**Stephen Flam**  
**2822 Koger Lane**  
**Johns Island, SC 29455**  
**(917) 743-2911 Email-stephenflam@yahoo.com**

## **Work Experience**

**2020 – present**

**Pinnacle Fitness and Wellness, LLC/South Carolina**

- Designed and coached Sports Performances for ages 9-12, 13-15, 16-19 at the Sand Castle Kiawah, SC
- Designed and coached golf, tennis rotary sport workshop at the Sand Castle Kiawah, SC
- Designed an Assisted Stretch / Manual therapy program (*see full description in resume*) at the Sand Castle Kiawah, SC
- PGA Pro Am Kiawah, SC pre & post event Massage Therapy and Assisted Stretch

**2008-2020**

**Pinnacle Fitness and Wellness, LLC/New York**  
**OWNER PRIVATE TRAINING/MASSAGE THERAPY**

- Performs fitness screen and designs fitness programs with appropriate corrective exercises for general population to competing athletes
- Facilitates outdoor training activities based on client's interests and abilities.
- Instructs small group fitness and private training
- Massage therapy modalities manual lymphatic drainage, trigger point therapy, deep tissue and Thai massage
- Instructs Pilates, Kettlebells, and other important disciplines

**2008-2010**

**Bodizone Sports Physical Therapy/New York**  
**MASSAGE THERAPIST/TRAINER**

- Worked with patients in clinical environment under supervision of DPTs prescription of treatment
- Worked transitioning patient back to general population
- Worked as post rehabilitation massage therapist and trainer

**2008-2010**

**Symmetry Fitness/New York**  
**COACH/MASSAGE THERAPIST**

- Designed group fitness Kettlebell classes for beginner, intermediate and advanced students
- Designed programs for competing field athletes using heart rate monitors and explosive lifting techniques
- Worked with students as massage therapist teaching self-myofascial release

**Stephen Flam**  
**2822 Koger Lane**  
**Johns Island, SC 29455**  
**(917) 743-2911 Email-stephenflam@yahoo.com**

- 2004                                     **2004-Mixed Martial Arts World Cup/*Athens Greece***  
**U.S. TEAM HEAD MASSAGE THERAPIST**

  - Preparation for matches, recovery & maintenance
- 2001-2004                           **Reebok Sports Club/ *New York***  
**TRAINER/MASSAGE THERAPIST**

  - Design group fitness classes for athletes, children and older populations as well as one on one training
- 1999-2004                           **Equinox Fitness Club/ *New York***  
**MASSAGE THERAPIST**

  - Spa services Shiatsu, deep tissue, sports massage