

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

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

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

Training Certifications: NSCA National Strength and Conditioning
ACSM American College of Sport Medicine
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 Truck, 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

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Work Experience

2020 – present

Pinnacle Fitness and Wellness, LLC/South Carolina

- Designed and coached Sports Performances for ages 9-12, 13-15, and 16-19 at the Sand Castle Kiawah, SC
- Designed and coached golf, tennis rotary sport workshop at the Sand Castle Kiawah, SC
- Designed and performed Assisted Stretch / Manual Therapy program (*see full description in resume*) at the Sand Castle Kiawah, SC
- Massage therapist at Sasanqua Spa Kiawah, SC

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 the general population to competing athletes
- Facilitates outdoor training activities based on the 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 a clinical environment under the supervision of DPTs prescription of treatment
- Worked on transitioning patient back to the general population
- Worked as a 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 a massage therapist teaching self-myofascial release

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- 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