

ALBERTO BOSSUM

Education:

Technical Institute of Legal Business & Economic

Training:

ACE International Certified Personal Trainer

ACE Facilitator Excellence 2012 (Lecturer)

FTI – Functional Training Coach (Master Instructor)

AIK (Australian Institute of Kettlebells) KBI, KB2, KB3 Master Instructor

Strong First Instructor

Crossfit Level 1 -2 – 3 Coach

TRX Master Trainer

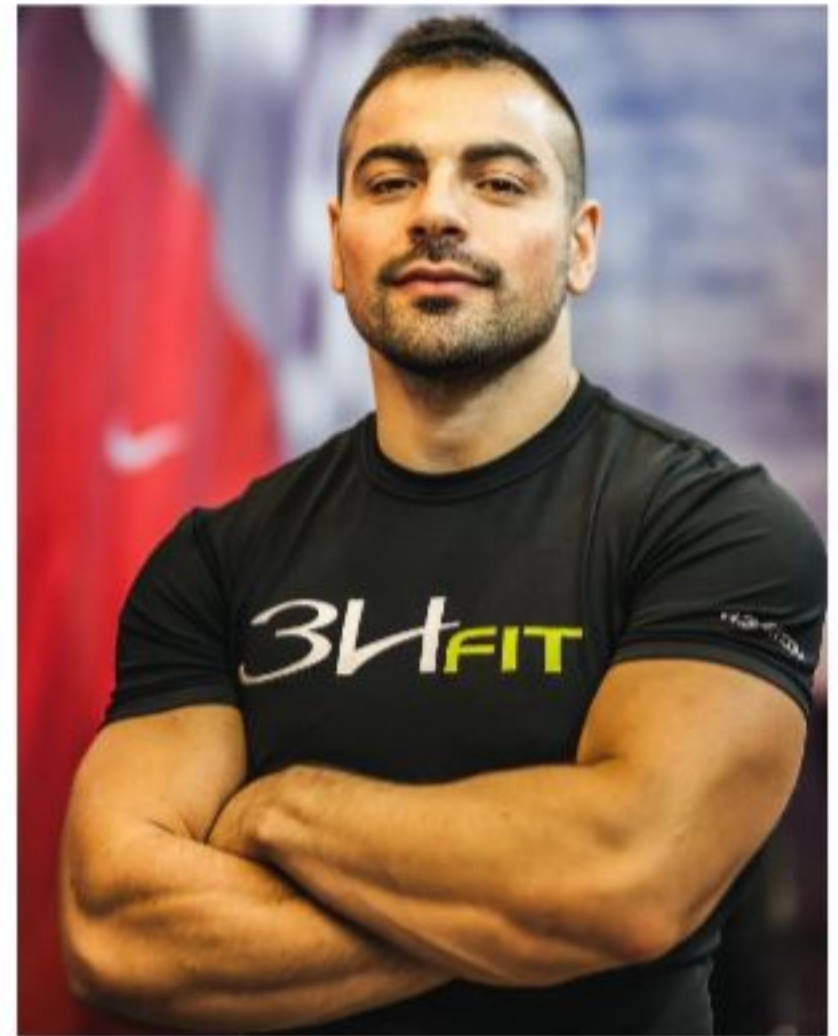
TP Foam Roller Master Trainer

TP Myo-fascial Compression Techniques Master Trainer

HIIT Specialist Master Instructor

NAFC Certified Coach

Fluent in English, Italian and conversational Mandarin



Experience:

- Strong First Italia (Instructor)
- 7th Crossfit Valpolicella (CF Coach)
- Crossfit Bside Verona (Head Coach/Program Design 2019-2021)
- Owner and Founder of Empower Fitness Professionals China (Fitness Certifications Platform 2018)
- UFASE Ultimate Fitness & Sport Education (Master Instructor 2018 – 2019)
- Techno Gym China (Master Instructor 2016 – 2017) Taught workshops for local trainers on equipment usage and program design.
- 3hFit Shanghai as Director of Education & ACE Master Instructor, One on One and Small Group CF Coaching (2013 – 2018)
- Hero Spirit Gym Beijing - Strength & Conditioning Coach (China) 2012 – 2013 Developed programs for clients and instructors. Taught workshops on proper training techniques and execution of movements
- MFT - Martial Fitness Master Instructor (China) 2010 – 2012
Maintained student numbers and developed other instructors
- Black Tiger Beijing as a Coaches Director (China) 2008 – 2010. Implemented training programs and standards in the company. Developed training protocols for difficult clients and members
- Free lance Personal Trainer and Sport Coach (Australia) 2006 – 2008. Managed client programs and marketing. Developed relationships with local companies and businesses. Gave health and fitness talks in the community

Alberto is a very passionate Master Coach, with over 15 years of experience in leading numerous clients to their fitness goals. He is specialized in Strength & Conditioning for any type of athlete and fitness enthusiast. He has worked with numerous clients ranging from professional fighters, Crossfit athletes, endurance athletes and football players that wanted to improve their performance. He is a very successful ACE facilitator and fitness lecturer with extended experience in presenting at conventions like NIKE Super Workshop, FIBO, IWF, ISPO China. For the past 8 years he has helped hundreds of students preparing for their ACE PT certification exams. He has Extended experience in delivering products courses and workshops.