

## **EUGENIO CAROSI**

Date of birth : 1982  
Place of birth : Rome (Italy)  
Nationality : Italian



Personal Trainer with more than 10 years of health and wellness experience across fitness centers, upscale private facilities around the world. Possess proven track record in helping clients achieve fitness goals through customized exercise technique training programs.

### **PROFESSIONAL EXPERIENCE**

#### **InterContinental – Hotel, Abu Dhabi, UAE**

**Apr 2017 – Present**

- Personal trainer, gym instructor

#### **Zaya Nurai Island – Resort, Abu Dhabi, UAE**

**Jan 2017 – Apr 2017**

- Yoga, Pilates instructor, personal trainer

#### **Discobolo – Gym, Rome, Italy**

**Sep 2016 – Dec 2016**

- Pilates instructor

#### **Technobody – Gym, Rome, Italy**

**2010 - 2016**

- Body building, Pilates, postural gym instructor and personal trainer

#### **Sporting Palace – Health Club, Rome, Italy**

**May 2013 – Oct 2013**

- Body building and personal trainer

#### **Crystal Fitness – Gym, Rome, Italy**

**2011 – 2013**

- Pilates instructor

#### **Body Studio Flaminio – Personal training Center, Rome, Italy 2010 – 2013**

- Personal trainer, TRX suspension training instructor

#### **Wellness Club – Fitness Center, Rome, Italy**

**Jan 2010 – Jul 2010**

- Postural gym instructor

#### **Centro Olimpico - Personal training Center, Santos, Brazil**

**Jan 2010 – Jun 2010** □

Personal trainer

#### **Academia Renata Azevedo – Gym, Santos, Brazil**

**Jan 2010 – Jun 2010** □

Pilates instructor

**Steiner Transocean Leasure - Costa Crociere, Costa Magica, Costa Pacifica cruiseships** **Jun 2009 – Dec 2009**

- Fitness instructor- director, Pilates – Yoga instructor and personal trainer

**Genesi – Gym, Rome, Italy** **2002 – 2009**

- Body building, Pilates, postural gym instructor and personal trainer

**Circolo Magistrati della Corte dei conti – Private Sports Club, Rome, Italy** **2005 – 2008**

- Body building and personal trainer

**Re di Roma Sporting Club – Gym, Rome, Italy** **2005 – 2008**

- Body building instructor

**Dabliu Prenestina – Gym, Rome, Italy** **2004 – 2006**

- Body building instructor and personal trainer

**B e F Sportng Club – Fitness Center, Rome, Italy** **2004 – 2006** □

Body building instructor and personal trainer

**EDUCATION**

**I.U.S.M. (Istituto Universitario Scienze Motorie)** **2001- 2003**

University of Rome, Italy

**Istituto Margherita di Savoia of Rome, Italy** **2000**

High School Degree in Foreign Languages (English, French, Spanish)

-Excellent knowledge of the Portuguese language

**F.I.F (Federazione Italiana Fitness) of Ravenna, Italy**

**-First Level Diploma** of body building, circuit training and cardio-fitness **2004**

**-Second Level Diploma** of body building, circuit training and cardio-fitness **2006**

-Master of Nutrition, Supplementation, Hypertrophy, Cardio Fitness and Circuit

Training **2006**

**-Personal Trainer Diploma** **2008**

**-Emergency Responder Course (BLSD)** **2008**

**Steiner Academy of London, England** **2009**

-Detox specialization

**T.F.C Studio (The Fitness Consultancy) of Watford, England** **2009**

-Yoga Diploma

-Pilates Diploma

