



CITO DELGADO

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Qualification

- ❖ ISSA - International Sports Sciences Association(USA)
Certified Fitness Trainer
- ❖ IFPA – International Fitness Professional Association
Certified Anti Aging Lifestyle Specialist

Training Specialties

- Fat Loss
- Muscle Toning/ Lean Mass Gain
- Pre/Post Natal Pregnancy Program
- Post Injury Rehab
- Special Population
- Diet Guidance & Supplementation
- Strength Training
- Sports Specific Training
- Youth Fitness Training
- Tandem Training
- Competitive Bodybuilding Training

Experiences

- Personal Trainer for 12 years
- Slimmers World, Fitness Trainer-Manila
- American Embassy Recreation Association, Fitness Manager/Personal Trainer-Jakarta
- Lifespa Fitness Kristal Hotel, Fitness & Spa Manager/Personal Trainer-Jakarta

Seminar/Workshop Attended

- Nutrition For Fat Loss-Life Fitness Academy
- Advanced Instructor Training Program-Life Fitness Academy
- Heart Rate Training-Polar
- Treating Low Back Pain-Life Fitness Academy
- Personal Training for Shape-Life Fitness Academy
- Controlled Whole Body Vibration Training-Prima Fit Education
- Keiser M3 Empowerment Group Bike Workshop-Prima Fit Education
- The International Fitness Professionals Association (IFPA) Anti Aging Specialist 3-Day Course-IFPA