

# RÉSUMÉ

**Cord Prettyman, Master Personal Trainer**  
**1231 Charwest Drive, Woodland Park CO 80863**  
**Phone: (719) 687-7437, Fax (719) 686-8171**

## Fitness Expertise

- Certified Personal Trainer since May 1989. Certified by the American College of Sports Medicine (ACSM), National Strength & Conditioning Association (NSCA) and American Council on Exercise (ACE) and YMCA. Recognized by IDEA as a Master Personal Trainer. Active certifications: ACE and NSCA.
- Designed and directly supervised the fitness training program for MRS. CALIFORNIA, 1992 in preparation for the 1993 MRS. USA Pageant, which she won; served as her personal trainer throughout her reign as MRS. USA.
- Author of a weekly fitness column since May 1998 for the Pikes Peak Courier newspaper titled "Fit & Healthy" (<http://pikespeakcourier.net/e-edition/>)
- Accomplished public speaker with extensive classroom teaching and lecturing experience.
- Taught tennis workshops at the Broadmoor Tennis Club at the Broadmoor Hotel in Colorado Springs, CO.
- Developed patient-specific fitness programs under the direction of medical and chiropractic doctors; directed patients in their prescribed fitness and/or rehabilitation programs in various rehabilitation scenarios.
- Developed fitness education programs for personal trainers, aerobics instructors and club members.
- Conceived and taught group exercise classes using latex tubing (Hard Body Fitness Bar) and flexibility exercises.
- Owned and operated the Personal Touch Health Club and Rehabilitation Center in Aliso Viejo, CA. supervised all aspects of the Club's daily operation.
- Managed all daily aspects of a Nautilus-Aerobics Plus Health Club in Buena Park, California; completely reorganized club and retrained staff.

- Managed all daily aspects of a YMCA fitness center in Rehoboth, Delaware; involved in the purchasing decisions for aerobic and strength training equipment also supervised maintenance programs; designed training programs for fitness instructors and implemented same.
  - Designed business plan and marketing strategy for Absolute Workout Fitness and Post-Rehab studio; oversaw all aspects of daily operation of the business.
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### **Pertinent Career Experience**

- Owner of Absolute Workout Fitness Studio, Woodland Park, CO.
  - Owner of Absolute Workout Fitness Studio, Laguna Niguel, CA.
  - Co-Owner of Personal Touch Health Club, Aliso Viejo, CA.
  - Strength Trainer, Accident Rehabilitation Center, Irvine, CA.
  - General Manager, Nautilus Aerobics Plus, Buena Park, CA.
  - Health & Fitness Director, Laguna Hills Chiropractic Center, Laguna Hills, CA.
  - Fitness Center Supervisor, YMCA, Rehoboth Beach, DE.
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### **Pertinent Certifications**

- ❖ IDEA Master Personal Trainer.
- ❖ National Strength & Conditioning Association (NSCA), Personal Trainer.
- ❖ American Council on Exercise (ACE), Personal Trainer.
- ❖ American College of Sports Medicine, Personal Trainer.
- ❖ YMCA Personal Trainer.
- ❖ Red Cross CPR and AED certified.

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### **Formal Education**

- B.A., Political Science, University of Delaware, Newark, Delaware, 1969.
- Chiropractic Studies (2 years), Santa Barbara College, Santa Barbara, California, 1976-78.

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### **Recent Continuing Education**

- 2014 Exercise, Etc. Inc. Fitness Conference hours 14
- 2013 Exercise, Etc. Inc. Fitness Conference hours 14
- 2012 Exercise, Etc., Inc. Fitness Conference hours 14
- 2011 Exercise Etc., Inc. Fitness Conference hours 14
- 2010 Exercise, Etc., Inc. Fitness Conference hours 21
- 2009 ACE Functional Training seminar hours 8
- 2009 IDEA Personal Trainer Institute hours 27

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• 2008 TRX Suspension Trainer Course hours	8
• 2008 Exercise Etc., Inc. Workshop	16 hours
• 2008 Fitness Resources Workshop	16 hours
• 2007 Fitness Resources Workshop	8 hours
• 2005 Fitness Resources Workshop	8 hours
• 2004 Exercise Etc, Inc. Workshop	16 hours
• 2003 Exercise Etc, Inc. Workshop	16 hours

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### **References**

- Dr. William Schroeder, DO; Woodland Park CO  
719-686-0032
  - Dr. David Powell, DC; Woodland Park, CO  
719-687-6096
  - Karen Brandner, Director of Tennis, Broadmoor Hotel, Colo Springs, CO  
719-471-6174
  - Rob Carrigan, editor *Pikes Peak Courier* newspaper, Woodland Park, CO  
719-687-3006
  - Client references are available upon request.
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### **Fully Insured**

- ❖ Fitness & Wellness Insurance Company, Tampa FL  
800-395-8075