

# RÉSUMÉ

**Cord Prettyman, Master Personal Trainer**  
**1231 Charwest Drive, Woodland Park CO 80863**  
**Phone: (719) 687-7437, Fax (719) 686-8147**  
**Email: [cordprettyman@msn.com](mailto:cordprettyman@msn.com), Website: [www.cordprettyman.com](http://www.cordprettyman.com)**

## 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.
- 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://www.pikespeaknewspapers.com/the-pikes-peak-courier/>.
- 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; currently oversees all aspects of daily operation of the business.

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## Pertinent Career Experience

- Current owner/operator of Absolute Workout Fitness Studio, Woodland Park, CO.
  - Owner of Absolute Workout Fitness Studio, Laguna Niguel, CA.
  - Co-Owner of the 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

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

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| • 2018 Exercise, Etc. Inc. Fitness Conference  | 8 hours  |
| • 2016 Exercise, Etc. Inc. Fitness Conference  | 14 hours |
| • 2014 Exercise, Etc. Inc. Fitness Conference  | 14 hours |
| • 2013 Exercise, Etc. Inc. Fitness Conference  | 14 hours |
| • 2012 Exercise, Etc., Inc. Fitness Conference | 14 hours |
| • 2011 Exercise Etc., Inc. Fitness Conference  | 14 hours |
| • 2010 Exercise, Etc., Inc. Fitness Conference | 21 hours |
| • 2009 ACE Functional Training seminar         | 8 hours  |
| • 2009 IDEA Personal Trainer Institute         | 27 hours |
| • 2008 TRX Suspension Trainer Course           | 8 hours  |
| • 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

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| ➤ Dr. David Powell, DC; Woodland Park, CO                               | 719-687-6096 |
| ➤ Matt Thessing, PT, DPT, SERC Rehabilitation Center, Woodland Park, CO | 719-687-3767 |
| ➤ Karen Brandner, Director of Tennis, Broadmoor Hotel, Colo Springs, CO | 719-471-6174 |

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## Fully Insured

- ❖ Philadelphia Insurance Companies, Bala Cynwyd, PA 877-438-7459