

RÉSUMÉ

Cord Prettyman, IDEA Master Personal Trainer

14087 Sunburst Drive, Big Fork, MT 59911

Phone: (719) 761-8592

Email: cord@cordprettyman.com, Website: www.cordprettyman.com

Fitness Expertise

- Specialized areas of fitness expertise: Orthopedic Exercise, Pre-surgery and Post-rehab, Auto-immune disorders, Pain-Free Movement, Percussion Therapy and Facilitated Stretching.
- Certified Personal Trainer since May 1989. Current certifications by American Council on Exercise, USREPS, IDEA Master Personal Trainer and AHA CPR/AED. Past certifications by the American College of Sports Medicine, National Strength & Conditioning Association and YMCA.
- Author of a weekly fitness column titled "Fit & Healthy" from May 1998 to April 2020 for The Pikes Peak Courier newspaper. https://gazette.com/pikespeakcourier/some-final-nuggets-of-knowledge-fit-healthy/article_aaff2768-6f7e-11ea-99b3-1ffd9a0c2f3d.html
- 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.
- Accomplished public speaker with extensive classroom teaching and lecturing experience.
- Designed business plan and marketing strategy for Absolute Workout Fitness and Post-Rehab studio from June 1989 to March 2020; oversaw all aspects of daily operation of the business until its closing in March 2020 to move to Montana.

Pertinent Career Experience.

- Owner/operator of Absolute Workout Fitness, Bigfork, MT.
- Personal Trainer, Montana Athletic Club, Bigfork, MT.
- Owner/operator of Absolute Workout Fitness Studio, Woodland Park, CO.
- Owner/operator 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.
- Fitness Columnist, The Pikes Peak Courier newspaper, Woodland Park, CO

Formal Education

- B.A. Political Science, University of Delaware, Newark, Delaware.
- Chiropractic Studies, Santa Barbara College, Santa Barbara, California.

Continuing Education

- Most recent: ACE Orthopedic Exercise Specialist; ACE Pain-Free Movement Specialist. Extensive list of CECs available upon request.

References

- Dr. David Powell, DC, Woodland Park, CO 719-687-6096
- Matt Thessing, DPT, SERC Rehabilitation Center, Woodland Park, CO 719-687-3767
- Karen Brandner, Director of Tennis, Broadmoor Hotel, Colo Springs, CO 719-471-6174
- Michelle Karas, Editor, The Pikes Peak Courier 719-476-1618