



PHYMAN DANG

phymandang@yahoo.com

Summary

Online Coach & Personal Trainer with plenty of formal education, competitive & coaching experience, and service background to provide excellent coach-client relationships and training experiences.

Skills

Online Coaching and Personal Training for

- General Fitness
- Strength and Conditioning
- Weight-loss
- Powerlifting
- Bodybuilding

Experience

Hero Strength | Garden Grove, Ca
Powerlifting Coach
09/2017 - Current

Provide online coaching for general fitness clients as well as competitive powerlifting athletes. Program design, technique analysis/adjustment, competition preparation, weight manipulation, performance peaking, muscle gain, fat loss, weekly check-ins, etc.

Iron Club Strength Complex | Garden Grove, CA
Personal Trainer
02/2018 - Current

In-person coaching for powerlifting athletes. Working and interacting with athletes in person, prescribing their training regimen and working on safe, efficient, and optimal technique. Making sure athletes enjoy and are progressive with their training, and have a good training experience each and every session.

Cosi, Roasting Water, Kickin' Crab | Orange County, Ca
Customer Service
01/2011 - 12/2017

Worked in food service as a cashier, server, and waiter at several establishments. This gave me plenty of experience interacting with people and providing excellent customer service. Whether it was dealing with difficult customers, appeasing complaints with food, or simply making sure guests were enjoying their meal and service to ensure they would return for future visits.

Education and Training

California State University - Long Beach | Long Beach, CA, US
Bachelor of Science in Kinesiology
2017

This option is designed for students interested in careers involving exercise science and/or health & fitness, such as physiology, biomechanics, motor control/learning, physical therapy, and personal training.

Honors

16 Powerlifting Competitions:
8 Personal, 8 Coaching.

Athletes and myself hold past and current state, national, and world records with USPA and IPL.
Taken Podium at every single competition, Gold Medals in 12/16.