



Fabio Bongini

Therapeutic masseur, Holistic Masseur, Personal Trainer

February the 14th 1970

Separated

Largo Pannonia, 1

00183 Rome, Italy

Driving license A & B

Ita Tel. +393386041793

Swiss tel +41797174459 + whatsapp

My web site www.masseurtrainer.com

Experiences

Independent Sport Masseur and Personal Trainer

Masseur and trainer for private (independent status) and responsible sports club in Rome / Italy - till 2016

Masseur at Kempinski les Bains, St. Moritz 2016-2017

Masseur for private clients in Rome and in Geneva 2015-2017

Masseur in Holmes Place Wellness Dec. 2014-2015 Geneva 2014-2015

Trainer for private clients in Rome 2002-2016

Trainer at Excel Sporting Club Jan. 2013- June 2014

Trainer freelance in Geneva 2013-2016

Masseur and Sport Masseur

EMC Spa Centre (Europe Multi Club) Area Termini in Rome / Italy - from 2003 to end of 2005

Masseur Spa EMC Rome.

Masseur for private clients at their home or at mine.

Massage for VIP clients in Rome.

Trainer for private clients and VIP

Sport Masseur / athletic trainer-coach

From 1998 to 2003

Massage well-being for private clients' home or in my studio

Coach of traditional stretching, and expert of Mézières Method.

Bodybuilding coach / trainer, trainer of athletes

From 1998 to 2002

Athletic trainer for private customers and VIPs.

Monitor and coach traditional stretching, rehabilitation and physiotherapy (Method Mézières).

Coach preparer military.

Athlete competitor sprint

From 1988 to 2012

Participation in various track and Field competitions in Rome, Catania, Bressanone, Viterbo, Vicenza,

Brescia, Formia.

Skills

Competitions

1992 : 22s 52 on 200 meters

1999 : 11s 07 on 100 meters

2002 : starring of an advertising : "Philips DVD Recorder" (video on my web site www.masseurtrainer.com)

2003 : 11s 02 on 100 meters

2007 : Regional Champion in the 100 meters Master Over 35, with the performance of 11.1 s.

Other

Creator and admin of a Sport Social Network , www.warmfit.com online now.

Languages spoken : Engl, Ita, French

Ex actor, Ex model, Mastery of internet and computer tools.

Training and qualification

National Diploma in Sports Masseur issued by: CONI / CSEN

Atharva Veda, Hot stone massage

Diploma in General massage disciplines

AICS – C.O.N.I (trainer)

Studies in progress, Mezieres Method (supposed diploma in july 2017)

My contacts :



Email

fabio@massertrainer.com



Skype

fabiomasseurtrainer



Mobile + whatsapp

+ 41797174459



Italian Mobile

+393386041793



Youtube :

« Fabio Bongini »

messages skills :

- Sport Massage
- Relaxing massage
- Wellness massage
- Hot stone massage

Availability :

Available in few days

Presentation :

I am passionate, dynamic, motivated by the idea of joining your team.

I hope that this C.V . will help us for a good cooperation.