

Susan Elle Harmon

Commercial Fitness Model

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Profile

Susan's fitness resume represents her deep commitment to her own health, education and fitness, and her passion for sharing her knowledge in both personal training and proper nutrition. Her success has led a number of personal training, fitness and instructor certifications, being published in a variety of magazines, and top placement in numerous fitness competitions around the United States and abroad. However, Susan's greatest achievement lies with the people she has helped become and stay much healthier and happier with themselves.

Personal Training and Professional Instruction Experience

Personal Trainer, Retro Fitness – Jacksonville, FL | January 2014 – Present | One on one personal training, meal and nutrition planning, corrective exercise, program design, TRX.

Personal Trainer, Youfit – Jacksonville, FL | August 2014 – Present | One on one personal training, new client orientation, taking measurements, body fat analysis, BMI reading, meal and nutrition planning, corrective exercise, manager in training position for expanding Youfit clubs all over Florida, guiding my clients to make better choices and develop habits that will become a lifestyle.

Personal Trainer, LA Fitness – Jacksonville, FL | November 2012 – December 2014 | One on one personal training with new members, answering fitness questions, promoting and selling personal training packages, TRX, corrective exercises.

Tennis Instructor, Tennis Star – Potomac, MD | June 2012- August 2012 | Quick start tennis program ages 5-8 and beginner tennis ages 8-15, conditioning and strength drills.

Personal Trainer, Sport and Health – Gaithersburg, MD | December 2011 – August 2012 | One on one personal training with new members, Answering fitness questions, helping to close and open the facility, promoting personal training packages, TRX, corrective exercises.

Personal Trainer, Talley Fitness Center – Frederick, MD | February 2011 – April 2012 | One on one personal training with new members, Group fitness: kickboxing and boot camps, TRX, corrective exercises, Desk work for City of Frederick Parks and Recreation. Maintenance of gym facility and machines. Taught tennis camps for Frederick County and city Summer and Fall of 2011.

Education

Class of 2007 – Graduate of Virginia Wesleyan College, Norfolk, VA.

Certifications

- ACE Fitness Nutrition Specialist 2014
- AFAA Certified Personal Trainer February 2011
- Group Fitness Certified – June 2010 American Fitness Training of Athletics
- Aerobics Certified – June 2003
- USTA Tennis Instructor Certified 1999-present
- NETA Healthy Lifestyle Management CEC 2011
- AFAA Biggest Loser Training CEC Dec 2011
- First Aid, CPR (cardiopulmonary resuscitation) and AED (automated external defibrillator) Certified, 2004 – Present

Publications

- Fitness and Physique Magazine Feature March 2012
- Oxygen Magazine Feature Oct 2012
- 904 Fitness Magazine Feature Sept 2013

Fitness Competitions

- Top 10 Miss Maryland Teen USA 1998
- 1st Place Venus Swimwear Model Search Eastern Shore Maryland 2001
- 1st Place Bethesda Shark Club Swimwear Contest 2002
- 1st Place Women Medium Figure Competition NSA Naples, Italy 2010
- 2nd Place Women Bodybuilding 2010
- 4th Place OCB Bikini Division 2011
- 1st Place Bikini Tall DC Capital Classic 2011 (Fitness America)
- 1st Place Fitness Model DC Capital Classic 2011 (Fitness America)
- 4th Place NPC Bikini Tall 2011
- 1st Place OCB Fitness Model Charm City Classic 2011
- 2nd Place Bikini Open OCB Charm City classic 2011
- 2nd Place Maryland NPC Bikini Tall 2012
- 4th Place WBFF Orlando Fitness Model Tall 2013
- 2nd Place WBFF Orlando Bikini Tall 2014
- 3rd Place WBFF Atlantic City Bikini Tall 2014

Computer Skills

- Apple Pages Software
- Adobe In Design Software
- Adobe Photoshop Software
- Avid Video Editing Software
- Pro Tools Audio Editing Software
- Microsoft Word, Excel, PowerPoint, Office

Languages

English, Spanish, Italian