HANS BRINGS

NASM Certified Personal Trainer | Physical Therapy Aide

781-999-4024 | hansbringsjr@gmail.com

CERTIFICATIONS

NASM Certified Personal Trainer

CPR/AED Certified

EDUCATION

University of Rhode Island
Animal Science and Technology
Class of 2025
GPA: 3.5 | Dean's List

National Society of Collegiate Scholars
2023 - 2025

Xaverian High School
Class of 2021 | GPA: 3.75

CORE SKILLS

- Personalized one-on-one exercise coaching
- Group fitness instruction
- Movement technique and form
- Client motivation
- Progress tracking
- Rehabilitation support
- Anatomy and physiology

INTERESTS

Strength training, calisthenics, gymnastics, exercise science, and nutrition

Fishing, skiing, sailing, jet skiing, paddleboarding, biking, and swimming

PROFESSIONAL SUMMARY

NASM Certified Personal Trainer with experience in individual training, group classes, and physical therapy support. Develops personalized exercise programs, coaches proper movement, and tracks progress toward client goals. University of Rhode Island graduate with a foundation in anatomy and physiology.

PROFESSIONAL EXPERIENCE

Personal Trainer
New Seabury Country Club | Mashpee, MA
Spring 2026 - Present

- Lead individual training sessions and group classes tailored to clients' fitness levels and goals.
- Design customized exercise programs, coach proper technique, and track client progress.

Physical Therapy Aide
ENEAU Physical Therapy | Falmouth, MA
Spring 2026 - Present

- Assist physical therapists with patient exercises and rehabilitation programs, reinforcing proper form and technique.
- Encourage patient participation and effort to support progress toward rehabilitation goals.

Manager
Bluestream Aquaculture | Barnstable, MA
Spring 2025 - Spring 2026

- Managed daily trout production, feeding, stocking, water quality, and system maintenance.
- Monitored fish health and growth across the production cycle, from hatchling to broodstock.

Shellfish Technician
Mashpee Department of Natural Resources | Mashpee, MA
2024

- Maintained oyster and quahog farms, monitored water quality, and collected data supporting nitrogen-reduction and environmental research.

ADDITIONAL EXPERIENCE

Sales Representative | Forestdale Bait and Tackle
Summers 2022 - 2023

Bike Mechanic | RideAway Adventures
Summers 2018 - 2022

Research Analyst | Popponesset Water Quality Commission
2018 - 2021

Science Tour Guide | Woods Hole Business Association
Summer 2019