

A photograph of Paola Simioli, a personal trainer, sitting on a gym machine. She is wearing a yellow hoodie and black shorts, smiling at the camera. The background shows gym equipment and a bright, modern fitness studio.

# Paola Simioli

PERSONAL TRAINER

## RESUME

### Education and certifications:

- 2000-2001: C.O.N.I. Certified bodybuilding and fitness instructor
- 2000: TOTAL BODY Certified ( musical group classes) instructor
- 2003: Certified SPINNING INSTRUCTOR ( STAR 1 ) "JOHNNY G.INSTRUCTOR (MAD DOGGATHLETICS);
- 2003: "C.O.N.I." Certified PHYSICAL CULTURE COACH
- 2006: CSEN Certified Coach 1°-2° LEVELS
- 2007: "CSEN" Certified Personal Trainer
- 2014: ELAV Certified TRX-TRAINER

### COMPETITIVE CURRICULUM :

My love for competitions increases at the same time the love for my job.

- 1999 - 2002: EARLY NATIONAL COMPETITION: FITNESS CATEGORY;
- 2004: EUROPEAN CHAMPIONSHIP "WPF FEDRATION" (GERMANY) 4th PLACE (BODY FITNESS CATEGORY);
- 2005: "EUROPEAN CHAMPIONSHIP" (ITALY) 2th PLACE (BODY FITNESS CATEGORY);
- 2006: "TROFEO 2 TORRI" (OPEN ITALIAN COMPETITION) (BOLOGNA - ITALY) 5th PLACE (BODY FITNESS CATEGORY);
- 2006: THE BEGINNING OF IMPORTANT IFBB COMPETITIONS.
- 2008 OCTOBER: "WORLD'S CUP IFBB" (KALININGRADO - RUSSIA) 3th PLACE (BODY FITNESS CATEGORY);
- 2008 NOVEMBER: "NIGHT OF THE CHAMPIONS-IFBB" (SANREMO-ITALY) 4th PLACE (BODY FITNESS CATEGORY);
- 2009 : "WORLD CHAMPIONSHIP IFBB" (COMO - ITALY) 6 th PLACE (BODY FITNESS CATEGORY );
- 2009 DECEMBER: "LUDUS MAXIMUS IFBB" (ROMA - ITALY) 2th PLACE (PHISIQUE CATEGORY )
- 2011: GRAN PRIX "ONE WAY IFBB" ( ROMA - ITALY) 1th PLACE (BODY BUILDING SMALL CLASS CATEGORY) ;
- 2011 JUNE: "BODY BUILDING ITALIAN CHAMPIONSHIP IFBB" (BARI-ITALY) 1th PLACE (BODY BUILDING SMALL CLASS CATEGORY ) ;
- 2011 OCTOBER: "ARNOLD CLASSIC EUROPE IFBB" ( MADRID -SPAGNA ) 6th PLACE (PHISIQUE CATEGORY ) ;
- 2013: "ARNOLD CLASSIC EUROPE IFBB" (MADRID - SPAGNA) 4th PLACE (PHISIQUE CATEGORY);
- 2013 DECEMBER: "LUDUS MAXIMUS IFBB" ( ROMA - ITALY) 6th PLACE (PHISIQUE CATEGORY ) .
- I'm a member of the national Italian Body Building Team IFBB from 2008 to nowadays.