

Jameel Coleman

Seasoned Certified Fitness, Health Professional, Leader, and Motivator with an innovative approach that maximizes true strength, workout efficiency, stamina, and endurance. Vibrant personality, which motivates and inspires individuals to achieve then exceed their goals in an encouraging environment producing life changing results.

PROFESSIONAL PROFILE

Men's Strength and Conditioning Q Coach

2012–2016

Qinetic.com, New York, NY

- 1 of 5 fitness professionals that provides an online community with guidance, motivation, and support through videos, blog post, live streams and other forms of Qinetic.com social networking tools.
- Specializing in general Fitness and conditioning techniques for a social media network of individuals that look to him for guidance.
- Development of new ideas and methods for engaging the Qinetic.com audience on a regular basis to promote the Qinetic site.
- Consulting Qinetic.com members, and handling all Qinetic.com special events, including group fitness classes, and organizing sports gatherings.

Owner & CEO

2005–Present

Jameel Coleman ROK FORCE FUSION.LLC, New York, NY

- Providing elite personal training to high-end clients and athletes at the highest-rated private personal training facility in NYC.
- Organizing weekly group Fitness Classes, Seminars, Lectures, and other special events
- Fitness programming with specific goals in mind, specifically for clients including Cardiovascular programs, strength training, power lifting, weight loss, and Sports-specific training helping clients to achieve what was considered the impossible.
- Extending past gym hours and into clients personal lives, to change their thinking.
- Coaching to develop passion and characteristics to make fitness and health a standard for their lives.
- Helping athletes become proficient in their specific sport and excelling past their set goals – athletic trainees include beak dancers, general dancers, long distance runners, swimmers, runners, boxers, and basketball players

Teacher/Facilitator/ Moderator

CAT (Creative Arts Team), New York, NY

2009-2011

- Helped developed curriculum with this non-profit organization that helped at risk NYC inner city high school students deal with literacy, risky behavior, peer pressure, bullying and leadership
- Assisted in developing curriculum using artistic methods that included, music, theatre, and performing arts
- Facilitator/resident teacher of various programs in NYC public high schools that ran from 3-6 months.
- Helped students build leadership skills by engaging group activity that promoted understanding and cohesiveness of different genders, ethnicities, sexual orientation and beliefs with critical thinking exercises.
- Mentoring students to further help them mentor younger students and break cycles of peer pressure and bullying

Personal Fitness Professional

2007–2012

EQUINOX FITNESS, New York, NY

- Helping clients provided by Equinox Fitness to set and achieve goals through programming under the “3 Cycle System” – method consisting of weight training, strength training, plyometrics, power lifting, cardio programming and weight loss.

Fitness Professional

2005–2007

DELLBACH, New York, NY

- Provided private clients with personalized programming to create and achieve goals.

- Provided strength and weight loss training to clients provided by Bally's.
- Motivating membership base to live a healthy lifestyle.

TRAINING FACILITIES

- **PEAK PERFORMANCE NYC:**

8 Years as Independent Fitness Professional at this mid-town facility which was rated one of NYC top 3 private training facilities by MENSFITNESS

- **UPPER WESTSIDE TRUMP TOWERS:**

2 years training residents as an Independent Fitness Professional

- **DAKOTA TRAINING:**

3 years as Independent Fitness Professional

EXPERTISE & EDUCATION

- NASM (National Association of Sports Medicine) Certification: Rehabilitation & Fitness Training

- NCSF Strength Training Coach:

US OLYMPIC Power Lifting, Shoulder Impingement Rehabilitation

Functional Movement Specialist, Flexibility & Movement

- CPR

- Insured

INTERESTS

Weight training

Football, Baseball, Wrestling, Track, & Gymnastics

Dance

Professional Break dancer for 20+ years