



# LAURENT LE BOSSE

*Hybride Personal Trainer, Strength & Conditioning Coach  
Plant-Based Performance Coach*

I have more than 30 years of experience training elite athletes and sedentary people.

During my carrier, I worked in different countries and learned many modalities that I adapt to my training skills.

My training approach is an accumulation of experience, traveling, and staying open to continuously learn up to date knowledge in the wellness field.

## CONTACT ME



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### EXPERIENCE:

CREATE ONLINE FORMATION FOR COACH

COACH EXPORT, CANADA ( 2022 - Present )

I created online formation for coach.

Formation in French : Entraînement en ligne

Formation in French : Mécanique du mouvement

Formation in French : Alimentation végétalien performance et santé.

### WORKSHOP AND WEBINAR

FRANCE, USA, CANADA ( 2013- Present )

I created different workshops and webinars that are focused on the biomechanics of training, plant-base performance, and training performance. I have the pleasure of having students from all over the world attend my workshops.

### REMOTE PERSONAL TRAINING

MEXICO, FRANCE, USA ( 2013- Present )

I am one of the first pioneers to start a live webcam personal training business.

This system gives me the possibility to work with clients from all over the world.

This is by far the best method to stay in optimum fitness shape in the comfort of your home, while you are traveling, from anywhere at anytime

## EDUCATION

### BREVET D'ÉTAT D'ÉDUCATION SPORTIVE

Associate Degree in Exercise Science &  
Kinesiology - Lyon, France

### DIPLÔME FÉDÉRAL IFBB

(1 & 2 degree) - Tahiti

### CERTIFICATION MUSCULATION

(1 to 4 Degree) Canada

### CERTIFICATION DIÉTÉTIQUE SPORTIVE

(1 & 2 Degree) - Canada

### CERTIFICATION PHYSICAL THERAPY AIDE

Miami, USA

### STRENGTH AND CONDITIONING COACH

MEXICO. (2014 - 2016)

Trained recreational tennis players in the Tennis Club of Playa Del Carmen, Mexico

Freelance personal trainer at The Gym Playa Del Carmen in Mexico.

### STRENGTH AND CONDITIONING COACH

KEY BISCAYNE, USA ( 2009 - 2014 )

Trained recreational sport athletes in Tennis, Golf, Running, Triathletes, and different sports.

I worked in collaboration with a technical coach of tennis.

Created athletic bootcamps for pre teenagers and teenagers at Key Biscayne Community Center.

Trained many personal clients with health and fitness goals.

Created a seminar to teach proper technique and approach in exercises at Inner Strength Studio.

### PERSONAL TRAINER AT EQUINOX

CORAL GABLES, USA ( 2008-2009 )

Personal trainer at Equinox for clients with health issues, weight loss programs and recreational sport activities.

### PERSONAL TRAINER AT EL GANCHO

SANTA FE, NM USA ( 2007-2008 )

Trained recreational sport athletes in Tennis

( Faye Shilkey, Brenda Yates, Betsy Gits)

Created a seminar for strength and conditioning training for Tennis players. Strength and Conditioning

## SKILLS

Team management

Extensive work experience, intuitive, and acquired hands on knowledge.

I constantly challenge myself and I maintain open to learn new information on training techniques, performance, movement, and prevention of injuries.

My passion is not only to work and train athletes but it is to create athletes.

## LANGUAGES

English, French

## REFERRALS UPON REQUEST

### STRENGTH AND CONDITIONING COACH

LYON , FRANCE ( 1997 - 2008 )

#### Sport mechanic

Richard Philippe - USA

Nelson Philippe - USA

#### Boxing

Hacine Cherifi - FRANCE

Fabrice Tiozzo - FRANCE

#### Fitness

Laurence Sarrazin - FRANCE

Nathalie Tabouillet - CANADA

#### Body-Fitness

Katarina Verbovska - SLOVAQUE

#### Mountain Climbing

Jean Christophe Lafaille - FRANCE

#### Team France elite Canoë

18 athletes - FRANCE

### MANAGER AT GYMSEA TOP

LYON, FRANCE ( 1992-1997 )

Managed 25 employees that included front desk, personal trainers, spa activities and pool activities.

I was in charge of all the public relations of the gym and planning of all activities.

REGARDS,  
LAURENT LE BOSSE