

ARMEN MANASERIAN



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Chatsworth, CA 91311

PROFESSIONAL SUMMARY

Dynamic Personal Trainer with over 15 years in Kyokushin Karate and 4 years at Coach, specializing in personalized training programs that enhance strength and endurance. Expert in martial arts techniques and self-defense, I empower clients to achieve their fitness goals while fostering discipline and confidence for lasting results. Fluent in English, Russian, and Armenian.

SKILLS

- Helping clients achieve a lean, athletic physique through personalized training programs
- Improving strength, endurance, and overall physical performance
- Teaching effective martial arts techniques and self-defense skills
- Guiding clients toward better discipline, confidence, and long-term fitness results

EDUCATION

Moscow International Academy
Novomoskovskaya St, 15 A Buildin.1, Moscow,
Russia • 07/2025

Physical Education And Coaching
09/01/2021 - 07/12/2025

WORK HISTORY

Coach - Group and Personal Trainer
Chatsworth, CA • 09/2019 - Current

With over 15 years of experience in Kyokushin Karate and more than 4 years leading group martial arts classes, I bring a strong foundation of discipline, endurance, and technique to every training session. I hold a degree in Sports Pedagogy from the Moscow International Academy, which provides me with both practical and academic expertise in fitness and athletic development.

My training approach combines professional knowledge with real-world experience in martial arts, helping clients improve strength, flexibility, and overall physical performance while building confidence and resilience.

Fluent in English, Russian, and Armenian, I am able to effectively communicate and connect with clients from diverse backgrounds.