

BIANCA RUSSO



EDUCATION

SUNY Empire State College, NY, NY
B.A. LIBERAL ARTS, 2012

CERTIFICATIONS

CPR/AED Certified

National CPR Foundation
2024-2026

Certified Personal Trainer

National Academy of Sports Medicine
2017-2023

GOATA Level 1 Groundwork Coach

2024

GOATA Level 2 Recode Specialist

2025

OBJECTIVE: Train Albuquerque athletes of all ages to maximize their performance + enjoyment of sports and recreation.

CONTACT

Cell: 848-210-4374

Email: hello@biancarussofitness.com

Website: biancarussofitness.com/abq

VOLUNTEER

ABQ Pickleball Club

Occasional tournament manager for local competitions

Rio Rancho Pickleball Club

Advocate for the development of more pickleball courts with the city of Rio Rancho, NM

PROFESSIONAL EXPERIENCE

Private Nanny, NYC-Washington, DC, 2011-2019

- Responsible for newborns, toddlers to middle school age children
- Prepare healthy meals, age-appropriate engagement through play, and provide safe transportation to/from school or extra-curricular activities

INOVA Patient Safety Associate, Alexandria, VA, 2012-2013

- Diligently adhere to patient safety standards
- Thoroughly monitor patient behavior and provide detailed reports to nursing staff
- Strictly follow hospital protocols to reduce falls, & maximize patients' well-being

PROFESSIONAL EXPERIENCE

INOVA Clinical Nursing Technician, Alexandria, VA, 2013-2017

- Competency with phlebotomy, collecting vitals and performing emergency response
- Thoroughly chart notes of performed tasks for 15-20 patients over 12-hour shifts

PPR Certified Pickleball Coach, Washington, DC, 2020-2022

- Instruct beginners on basic rules of the game
- Educate new athletes on the fundamentals of sport performance
- Enthusiastically lead 1-on-1 lessons and group clinics of 2-8 players

Self Employed Personal Fitness Trainer, Washington, DC, 2017-2020

- Independently built my clientele and trained adults one-on-one in the gym FIT360DC
- Collaborated with FIT360DC gym owners to instruct their group fitness classes
- Tactfully designed group fitness classes to align with FIT360DC protocols
- Energetically lead group fitness classes using Kettlebells, Dumbbells, Bosus, TRX, sleds, resistance bands, plyo boxes, cable machines, etc

Self Employed Personal Fitness Trainer, Remote, 2020-2025 (current)

- Currently DBA Bianca Russo Fitness with a focus on Zoom-based personal training for special needs population
- Strategically design custom exercise programming for adults with hyper-mobility, chronic pain, and people with a history of eating disorders
- Demonstrate movements in detail with explanation of scientific principles to enrich clients' understanding
- Encouraging, positive, mindful and supportive coaching style for diverse populations