



Derek Chan

Personal Trainer

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From

Derek Chan
Personal Trainer

To

Mr. Chris Anthony
Barry's Bootcamp – WeHo

Dear Mr. Anthony,

Barry's Bootcamp represents everything I love about the fitness industry—intensity, energy, and an unapologetic focus on results. As a former D1 track athlete turned certified personal trainer with a specialization in high-intensity interval training, I'm thrilled to apply for a coaching position at your West Hollywood studio.

Over the past three years, I've coached small group HIIT classes at Training Mate in Santa Monica and worked one-on-one with clients on speed, agility, and power development. I bring an athletic mindset to my coaching, encouraging clients to push their boundaries while keeping sessions fun, music-driven, and focused on form. My training plans often include treadmill intervals, Olympic lifts, and bodyweight circuits—skills that align seamlessly with Barry's signature class format.

What sets me apart is my ability to fuse motivation with structure. At Training Mate, I helped create a "Sprint Saturday" series that improved overall cardio output among participants by 20% in just eight weeks, according to performance tracking. I'm confident that my energy, attention to detail, and competitive drive would be a great match for Barry's team.

Thank you for reviewing my application. I'd love to discuss how I can contribute to the high-energy, results-oriented culture at Barry's. I'm available at (323) 555-4491 or d.chan.performance@gmail.com to connect further.

With energy,

Derek Chan