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## TERO PUUSTINEN

+358400 239 632 / [tero.puustinen@autourheilu.fi](mailto:tero.puustinen@autourheilu.fi) / [www.petrolhead.fi](http://www.petrolhead.fi)

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### GENERAL INFORMATION

Very profound and wide education on exercise, nutrition and recovery. Specialized in Personal Training and Motorsport Performance Coaching and have over ten years of workexperience in these areas. Very strong drive to be the best possible Motorsport Performance Coach in the world. Enthusiast of personal development and lifelong learning. Over the years have worked with world class motorsport drivers and helped them to achieve international success. Also good knowledge in time management and leadership skills. With me you will achieve results.

#### Areas of expertise include:

- Personal Training
  - Exercise Physiology
  - Sports Psychology
  - Sports
  - Strength Training
  - Motorsport coaching
  - Strength and conditioning
  - Functional training
  - Wellness coaching
  - Endurance training
  - Nutrition
  - Physical testing
  - Teaching
  - Massage
  - Leadership
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### WORK EXPERIENCE

#### CEO, Petrolhead Personal Training, [www.petrolhead.fi](http://www.petrolhead.fi)

September 2014 – Present

My company is specialized at Motorsport Performance Coaching but also offers wide variety of Personal Training, Sports massage and Corporate Performance Coaching services.

#### Key contributions:

- Personal Training, Sports Massage, Mental coaching, Motorsport Performance Coaching, Teaching, Website design, Branding, Product development.

#### Teacher, FAF Finland, [www.faf.fi](http://www.faf.fi)

May 2013 - Present

FAF Finland recruited me as a lecturer and educator at certification degrees of FAF Foundation, FAF Gym Instructor and FAF Personal Trainer. FAF is the first Finnish health and fitness educational organisation, which has the authorisation of European Register of Exercise Professionals (EREPS). Taught over fifty new Personal Trainers in Finland.

#### Key contributions:

- Lecturing and teaching Personal Trainer students.

#### Performance coach, AKK-Motorsport, Finland, [www.autourheilu.fi](http://www.autourheilu.fi)

August 2010 – Present

AKK Motorsport ry is the Finnish motorsport authority organization that represents Finland in international FIA level. Was a Performance Coach to AKK Motorsport Driver Academy for elite karting, formula and rally drivers. Performance coaching have helped numerous Finnish drivers achieve national and international success. At AKK Motorsport I also teach at motorsport coaching seminars and teach at I, II and III-degree motorsport coaching courses.

#### Key contributions:

- Performance coaching, Motorsport coaching, Personal Training, Nutrition, Teaching, Massage.

#### Club manager, Kuntokeskus Pyramidi (Health Club), Kuopio, [www.pyramidi.fi](http://www.pyramidi.fi)

December 2007 – Present

Hired to be a club manager and to get the new health club up and running. We started from scratch and with only limited budget we have made Kuntokeskus Pyramidi to a good financial strength. Now Kuntokeskus Pyramidi has two separate health clubs in Kuopio and I am responsible for managing both of them.

#### Key contributions:

- Leading, Marketing, Branding, Public relations, Sales, Member retention, Web pages editing, Personal training, Nutrition coaching and circuit training.

#### Personal trainer, Bobby Wellness Center (Health Club), Pori

May 2004 – October 2006

Personal Training and coaching Bobby Wellness Center clients for two and a half year. Also instructing circuit and stretching group exercise classes, managing sales and member retention.

#### Key contributions:

- Personal training, Nutritional instruction, Group fitness exercises, Sales, Member retention.

#### Lifeguard, Kuopion kaupungin vapaa-ajankeskus (The center of sports and leisure time), Kuopio

June 2003 – July 2003

Was a lifeguard on the main beach at Kuopio. Charge of people's safety.

#### Key contributions:

- Swimming safety

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### EDUCATIONS

**Master of Sports Medicine**, University of Eastern Finland, Faculty of Health Sciences, School of Medicine, Kuopio, [www.uef.fi](http://www.uef.fi)

January 2009 – March 2013

University studies gave me excellent scientific understanding of sports medicine, exercise physiology, nutrition science and medicine. Sports medicine was a good way to enhance my previous educations and to see the big picture of coaching.

**Sports masseur**, Sports Institute of Finland, Vierumäki, [www.vierumaki.fi](http://www.vierumaki.fi)

January 2007 – December 2007

Sports masseur education gave me a great skill of massaging and a special understanding of recovery stimulation of massage therapy.

**Sports instructor**, Sports Institute of Finland, Vierumäki, [www.vierumaki.fi](http://www.vierumaki.fi)

July 2002 – April 2004

Sports instructor education was a great way to learn the basics of human exercise and physiology. Also a main goal was to learn how to instruct people in the optimal way.

**Corporal**, Finnish air force / Kymi anti-aircraft defence regiment

July 2001 – July 2002

Vice-president of the anti-aircraft regiment and learned a lot about leadership and responsibility.

**High school graduate**

July 1998 – June 2001

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### CERTIFICATIONS

**Mental Sport Coach**, Kouluttamo, [www.kouluttamo.fi](http://www.kouluttamo.fi)

September 2013 – March 2014

Mental Sport Coach studies have taught me great understanding of mental fitness, which is extremely important factor in sports success.

**FAF Nutrition Coach**, Fitness Academy of Finland, [www.faf.fi](http://www.faf.fi)

October 2013 – January 2014

FAF (Fitness Academy of Finland) Nutrition coach education gave me practical and useful knowledge of advanced level nutrition.

**FAF Personal trainer**, Fitness Academy of Finland, [www.faf.fi](http://www.faf.fi)

June 2004 – December 2004

FAF (Fitness Academy of Finland) Personal Trainer education taught me full skills to master career Personal Training and it also gave me great hands-on tools and methods to use .

**Seminars and workshops**

Attended in numerous different seminars and workshops over time.

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### TECHNICAL SKILLS

Microsoft Office (Word, Powerpoint, Excel, Outlook), Adobe Photoshop, iMovie, Wordpress based website editing, Omegawave, Firstbeat, Gopro, Apple iOS and Windows.

### LANGUAGE SKILLS

Finnish, motherlanguage  
English, fluent  
Swedish, basics  
Germany, basics

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