

# Andrea Varri

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*Fitness Consultant / Certified Personal Trainer  
Strength&Conditioning Coach  
Owner and Director of AVLab – PT Studio*

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[www.avfitness.com](http://www.avfitness.com);  
[www.andreavarri.com](http://www.andreavarri.com)  
[www.militaryworkout.it](http://www.militaryworkout.it)



## ABSTRACT BIOGRAPHY

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I have always been interested in the sport field and I compete at professional level in martial arts, in particular Karate, since I was young (at present I am affiliated with FIJLKAM and I compete within the WKF circuit).

To follow my passion I obtained a BSc in Physical Activity and Sports Science in Italy and then obtained several international fitness certifications (refers to CV for specific certifications).

I worked in the fitness industry since 2003 as body building/fitness instructor and personal trainer. To further my knowledge of this field I then moved to US in 2009 to obtain several certifications among which NSCA-CPT, CSCS, CISSN, USAW Sport Performance.

After working as fitness manager and coordinator of several high-class fitness clubs, I opened my own personal training studio AVLab in 2014. Since 2012 I created the AVfitness™ Academy organizing continuing education courses and workshops for personal trainers and fitness instructors, also promoting networking and national and international collaborations.

Moreover I developed a training method registered in Italy as Military Workout® and I formally teach this methodology to selected fitness instructors delivering targeted workshops.

At present I am a fitness consultant for several clubs in Italy and strength conditioning coach for martial arts societies and private karate athletes.

# ACADEMIC EDUCATION AND CERTIFICATIONS

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Oct 2005 – Sept 2008 **BSc, Physical Education and Sport Science**, University Of Insubria, Italy,  
final score: 110/110

## National and International Certifications

- **NSCA-CPT \* D** (NSCA Certified Personal Trainer, Distinction since 2012), San Francisco, US, 2009
- **CSCS \* D** (Certified Strength and Conditioning Specialist, Distinction since 2012), San Francisco, US, 2009
- **USA Sports Performance Coach**, Las Vegas, US, 2009
- **TRX Instructor**, Las Vegas, US, 2009
- **CISSN** (Certified Sports Nutritionist – International Society of Sport Nutrition) Clearwater, US, 2010
- **FMSC** (Functional Movement System Certified), Verona, 2013
- **ISAK Level 1** (International Society for the Advancement of Kinanthropometry) Level 1 Anthropometrist, Zaragoza, Spain, 2013
- **ISAK Level 2** (International Society for the Advancement of Kinanthropometry) Level 2 Anthropometrist, Portsmouth, England, 2015
- **IKFF - Certified Kettlebell Teacher** (CKT Level 1 Certification). Milano, Italy, 2012.
- **CrossFit Level 1 (CF-L1) Trainer**. Padova, Italy, 2012.
- **Kettlebell Lifting Instructor, first level**, under Oleh Ilika, FGSi (Federazione Ghiri Sport Italia), Milano, Italy, 2012
- **FIF Personal Trainer Diploma** (Federazione Italiana Fitness) and Emergency First Response (BLSD), Italy, 2006
- **FIF Fitness Instructor Diploma** (Federazione Italiana Fitness), Italy, 2004
- **Pancafit@ Postural Instructor Metodo Raggi@ methodology**, Milano, 2011  
[www.posturalmed.it](http://www.posturalmed.it)
- **STARK Body-Flying® Master Trainer**, Milano, Italy, 2011
- Ceo and Owner **MILITARY WORKOUT®**, Milano, Italy, 2010-present  
[www.militaryworkout.it](http://www.militaryworkout.it)

### Continuing Education – international conferences

- Perform Better – 3-DAY Functional Training Summit – Chicago 2015;
- NSCA – National Conference – Las Vegas 2013;
- NSCA – TSAC Conference – Las Vegas 2012;
- NSCA Personal Trainer Conference – Las Vegas 2012;
- ISSN (International Society of Sport Nutrition) – Clearwater Annual Conference 2010;
- ISSN (International Society of Sport Nutrition) – New Orleans Annual Conference 2009;
- NSCA National Conference – Las Vegas 2009;

### Membership 2015

*NSCA (National Strength Conditioning Association)* <http://www.nasca-lift.org/>

*ISSN (International Society of Sport Nutrition)* <http://www.sportsnutritionssociety.org/>

*ACSM (American College of sports Medicine)* <http://acsm.org/>

*FGSI (Federazione Ghiri Sport Italia)* <http://www.ghirisport.it/>

*ISAK (International Society for the advancement of Kinanthropometry)* [www.isakonline.com](http://www.isakonline.com)