



MAX ICARDI

Patriottenstraat 99, 2300 TURNHOUT (B)
16/02/1977 in Torino (ITA)
GSM: +32 (0)474/628.152
max@functionaltraining.be

EDUCATION

- 1999-2002 University of Glasgow - Bsc. Hon. Sports Medicine
1996-1999 Completed the first 3 years of Medicine at the University of Turin.
Internship at the National Sports Medicine Institute in Torino (ITA), working with top athletes and teams (F.C. Juventus among the others).
1991-1996 Liceo Scientifico in Ivrea (TO), Italy – option Science & Latin, graduated with 58/60.
-

CURRENT ACTIVITIES

Coordinator of the 'Functional Training Network' the first professional personal training network in the Benelux, now counting 21 personal trainers in 10 locations
www.functionaltraining.net.

- Assessment and recruitment of new trainers, creation of individualised business plans.
- Development of new training formulae and strategic partnerships (health insurances, fitness clubs, doctors and physiotherapists...)
- Supervision of the activities of the personal trainers in the different locations of the network.
- Lecturer in different topics related to health & fitness, personal coaching and functional training:

FITVAK Nederland: docent rijks erkende cursussen Fitness Trainer A & B

Vrije Universiteit Brussel: inleiding tot functional training voor sportkinesisten in spe.

Artevelde Hogeschool (Gent): circuit training met Bosu, TRX, Gymstick en andere functioneel materiaal, lezing 'Functional training om blessures te voorkomen'

Hogeschool Howest Brugge: workshops 'Bootcamp' en 'Inleiding tot functional training'

Healthpro Brussel: lezing 'Samenwerking tussen artsen, kinesisten en personal trainers'

Axis Wellness: in house TRX workshop. In house workshop 'PT sales'

Aspria Brussel: in house TRX training - bijscholing

Bloso: Trainer A handbal - workshop functional training voor handbal

Vlaamse Trainer School: Functionele beweeganalyse – Personal Trainer

Apollon Kortrijk: sport specifiek functional training voor handbal

Tempo korfbal team Alphen a/d Rhijn: core training clinic

MSH: demo functioneel materiaal voor apothekers en kinesisten

Socialistische Mutualiteit: lezing 'Diabetes en beweging'

Coach vormingscentra (PC 314): verschillende workshops voor de fitnessbranche (werkgevers en werknemers)

EXPERIENCE

2008	Creation of the "Functional Training Network" and the "Functional Training Academy"
2006	Opening of a private personal training studio in Antwerpen, currently hosting 5 personal trainer
2005	Creation of "Move to Live" BVBA (2004), a Personal Training and Fitness Consulting company
2004-2005	Freelance Master Trainer in Fitness First Brussels & Antwerp Responsible for the education of Personal Trainers at "Fitness Academy" (Ghent)
2003-2004	Personal Trainers' Coordinator in Fitness First (Brussels).
2002-2003	Physical trainer of Rugby Colorno F.C., 1st Division in Italy, gym manager and medical consultant.
1999-2002	Physical trainer of the University of Glasgow Rugby Club Activity consultant in the Glasgow University Sports Centre
1996-1999	Internship at the National Sports Medicine Institute in Torino (ITA)

SPORT EXPERIENCE

2003-present	Tennis, cycling, mountainbiking, winter sports. Founder and coach of Rugby Turnhout.
2001-2003	Rugby – RFC Colorno (Italian 2 nd Division, professional level)
1999-2001	Rugby – Glasgow Hawks (Scottish Premiership, professional level)
1992-1996	Athletics - Italian champion U21 in Decathlon (1996)

LANGUAGES:

Perfect Italian (native) and English, good Dutch, good French.

IT SKILLS:

Good knowledge of Word, Excel, Powerpoint and Outlook. Basic knowledge of Microsoft Access and Adobe Illustrator. Notions of web design.

