

Ron Sarchian

4x Guinness Book World Record Holder • Group Fitness Program Manager
Boxing & Kickboxing Instructor • Certified Personal Trainer
Indoor Cycling & Spinning Instructor

Certifications:

CPR/AED Training	- CPR/AED Certification	2/10 - Present
Rowbics	- Indoor Rowing Certification	2/07 - Present
NCEP	- PT Certification	3/06 - Present
Mad Dogg Athletics, Inc.	- Spinning Certification	4/05 - Present

Teaching & Training

Experience:

Road Bike Boot Camp President & Lead Instructor Road Bike Boot Camp, Encino, CA	3/11 - Present
Indoor Cycling Instructor Real Ryder Indoor Cycling, Brentwood, CA	5/11 - Present
Certified Personal Trainer Premier Fitness Center, Encino, CA	6/03 - Present
Boxing, Kickboxing & Spinning Instructor Bodies In Motion, Encino, CA	6/96 - Present
Boxing, Kickboxing, Spinning & Indoor Rowing Instructor Group Fitness Manager Gold's Gym, Huntington Beach, CA	7/06 - 6/08
Boxing, Kickboxing & Spinning Instructor Gold's Gym, Venice, CA	7/04 - 2/06
Boxing, Kickboxing & Spinning Instructor Group Fitness Manager Gold's Gym, Woodland Hills, CA Gold's Gym, Northridge, CA	6/05 - 12/05
Spinning Instructor Encore Fitness, Sherman Oaks, CA	1/05 - 9/05
Boxing & Kickboxing Instructor High Energy Fitness, Pasadena, CA	10/04 - 1/05
Spinning Instructor Studio Workout Club, Studio City, CA	8/03 - 6/04
Boxing, Kickboxing & Spinning Instructor L3 Communications Fitness Center, Sylmar, CA	5/03 - 4/04
Kickboxing & Spinning Instructor Equinox Gym, Pasadena, CA	12/01 - 1/02
Spinning Instructor Evolution Fitness, Pasadena, CA	8/01 - 12/01



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Group Fitness Experience:

Gold's Group Fitness Manager 8/06 - 6/08

Gold's Gym, Huntington Beach, CA

- Group Fitness Manager and Spinning Program Director.
- Responsible for scheduling classes and training instructors.
- Responsible for hiring, firing and monitoring over 20 group fitness and spinning instructors.

Gold's Group Exercise Director / Manager 6/05 - 12/05

Gold's Gym, Woodland Hills, CA

Gold's Gym, Northridge, CA

- Group Fitness Director and Indoor Cycling Program Director.
- Responsible for scheduling, training & payroll at both gyms.
- Teaching private & semi-private boxing & kickboxing lessons.
- Responsible for hiring, firing and monitoring over 40 group fitness and indoor cycling instructors.

Boxing and Kickboxing Coordinator / Manager 2/00 - 11/00

Bodies In Motion, Los Angeles, CA

- Managing the boxing and kickboxing programs at 5 different LA based gyms.
- Teaching private boxing and kickboxing lessons.
- Organizing and submitting payroll for 50 instructors.
- Putting together workshops and technical classes for members and instructors.
- Responsible for hiring, firing and monitoring 50 boxing and kickboxing instructors.

Special Achievements:

Four Time Guinness Book World Record Holder

- "Punchbag Marathon" - June 15-17, 2004
36 hours and 3 minutes / over 100,000 consecutive punches thrown.
- "Most Full Contact Punches in One Hour"
- June 18, 2005 15,089 punches thrown.
- "Most Full Contact Kicks in One Hour"
- June 16, 2006 5,545 kicks thrown.
- "Most Martial Arts Roundhouse Kicks in One Minute"
- June 16, 2007 130 kicks thrown.
- **24-Hour Spins** for the American Diabetes Association and the Lance Armstrong Foundation - (4/07 & 1/10)
- **World Champion Indoor Rowing Relay Team Member**
Team USA (Rowbics) FIBO Convention - Essen, Germany 4/07
- **IHRSA Convention 2010** - Mad Dogg Athletics Booth
Team Spinning Demo Rider.

Ph: (818) 389-2522 • SarchianFitness.com



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