




JUAN DE DIOS CARMONA CANTADOR

PHYSICAL TRAINER, FITNESS COACH

 Córdoba, Spain

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Professional profile

Professional who likes his job, I am in constant training to improve the performance of my players. I like my job and that is why I dedicate a lot of time to training. I like collaborative environments full of experience in physical preparation

Achievements

- Promotion to higher league in sub 23 cordoba futsal
- Two consecutive years promotion playoff in Ciudad Jardin
- Andalusia Cup champion in different categories of the Cordoba C.F. quarry.



Professional experience

Internships in Córdoba futsal

March 2020 - June 2020

- Assistant to the physical trainer of Cordoba Futsal in LNFS and in its lower categories, helping the promotion of the under 23 team

Physical trainer in Ciudad Jardin CD

August 2020- June 2022

- Main physical trainer in the garden city of the 1st Andalusian category of Cordoba thus achieving two classifications in the promotion play off

Physical trainer in lower categories of Cordoba CF

August 2021- Present

- Physical trainer for the sub 7 to sub 12 categories for three years, thus leading the physical section of this club, achieving several leagues and several Andalusian cups.

Personal trainer and injury rehabilitation

August 2020- Present

- Injury readapter in Córdoba CF's quarry. I apply different advanced rehabilitation techniques to accelerate the recovery of patients.
- Personal trainer applying different personalized training programs for the player's performance and well-being



Academic Training

UEFA PRO

2016- 2018

Higher degree in physical conditioning

2018 - 2020

Sciences of physical activity and sports

2021 - Present

