

Niko Provistalis

NASM-Certified Hybrid Personal Trainer & Content Creator



Contact

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About Me

Dynamic and bilingual (Greek/English) fitness professional and content creator with nearly a decade of experience in personal training, hybrid coaching, and lifestyle media production. Founder of Modern Fit PhysiQUES, an online and in-person training brand integrating functional bodybuilding, nutritional accountability, and habit-based coaching. Recognized for exceptional client retention, top-tier sales performance, and creative storytelling that bridges wellness with digital marketing. Skilled at producing authentic, high-performing UGC campaigns for brands such as Hydragun and Brickell Men's Products, blending on-camera confidence with results-driven professionalism.

Content Creation & Brand Partnership

Hydragun — Wellness & Recovery Brand

- Produced multiple paid UGC videos and product reviews for premium recovery equipment including the Hydragun HeatPod and Supertub Cold Plunge.
- Delivered aesthetic, authentic content focused on muscle recovery, performance, and lifestyle integration.

Brickell Men's Products — Men's Skincare Brand

- Created engaging, high-performing ghost-UGC ads that surpassed 180K+ combined views.
- Demonstrated confident on-camera delivery and product storytelling that aligned with brand tone.

Experience

Modern Fit PhysiQUES

Online + In-Person Training

2024-Present

- Launched and operate a hybrid online and in-person training brand serving diverse clients nationwide.
- Develop customized fitness programs integrating functional bodybuilding and evidence-based habit coaching.
- Created digital onboarding systems and branded PDFs, streamlining client education and accountability.
- Produce social media content and brand partnerships that have grown business visibility and engagement.
- Retained over 90% of clients through strong relationship management and measurable fitness outcomes.

Fitness CF

Personal Trainer

2022-2024

- Ranked #1 in sales among trainers and consistently top 3 companywide in monthly performance.
- Designed personalized training programs and implemented client tracking via Trainerize for measurable progress.
- Assisted management with staff onboarding and elevated member experience through education and engagement.

Evolution Fitness

Personal Trainer

2020-2022

- Built a full client roster within nine months through consistent outreach and tailored fitness strategies.
- Delivered one-on-one and small group sessions focusing on strength, endurance, and functional mobility.
- Exceeded revenue and retention goals by combining coaching expertise with strong interpersonal rapport.

Rosen JCC

Fitness & Wellness Manager | Personal Trainer

2017-2020

- Managed all aspects of the fitness center, including events, group classes, and member engagement.
- Surpassed personal training budget by 25% and accounted for 78% of all PT revenue in 2019.
- Revitalized programming through creative events and fitness challenges, boosting participation rates.

World Center Marriott

Bartender

2015-2018

- Delivered exceptional guest service at one of Central Florida's largest resort properties.
- Assisted in creating seasonal cocktail menus and contributed to high guest satisfaction ratings.

Raglan Road Irish Pub

Bartender

2008-2015

- Trained new staff and maintained high service standards in a high-volume hospitality environment.
- Enhanced guest experience through storytelling, humor, and authentic Irish pub culture.

Certificates

- NASM Certified Personal Trainer (CPT)
- NASM Sports Performance Specialist (PES)
- NASM Physique & Bodybuilding Coach (PBC)
- NASM Virtual Coaching Specialist (VCS)
- NASM Certified Nutrition Coach (CNC)
- SCW Fitness Nutrition Specialist (FNS)
- SCW Kettlebell Expert
- CPR / AED Certified — American Heart Association

Education

Eastern Connecticut State University

Communication Studies 2002-2004

Digital Portfolio

Website: www.nikopcpt.com

Instagram: www.instagram.com/nikopcpt

Collabstr: www.collabstr.com/nikopcpt

Skills

- Hybrid Fitness & Wellness Coaching
- Functional Bodybuilding Programming
- Virtual Accountability & Habit Tracking
- Sales, Client Retention & Relationship Building
- Social Media Marketing & Brand Representation
- UGC Production & Script Interpretation
- Nutrition Coaching & Lifestyle Guidance
- Bilingual: English / Greek

References

Tom Green

Raglan Road Irish Pub

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Gym

Client

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