

# Breanna Browning

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## Objective/Summary

Dynamic and disciplined fitness model with 6 years of experience in fitness modeling and personal training. Proven ability to convey strength, health, and vitality through diverse poses and expressions. Adept at collaborating with photographers, stylists, and clients to achieve desired campaign aesthetics.

## Experience

**Personal Trainer & Nutrition Coach** | Self Employed - One Percent Training | Maryland / Washington, DC | 2021 - Present

- Developed and implemented individualized exercise programs (strength training, cardio, flexibility) for diverse client populations, including beginners, athletes, seniors, weight loss, youth sports, pre/postnatal, etc.
- Designed comprehensive and sustainable nutrition plans, providing guidance on meal preparation, portion control, and healthy eating habits.
- Conducted initial client assessments, including fitness evaluations, body composition analysis, and lifestyle consultations, to establish baselines and set realistic goals.
- Provided ongoing motivation, accountability, and education to clients, ensuring adherence to programs and fostering a positive mindset.
- Tracked client progress, adjusted programs as needed, and celebrated achievements to maintain engagement and drive results.
- Maintained a high client retention rate through exceptional service, strong communication, and proven success both in person and remote all over the world.

Fitness Model | Under Armour | Baltimore, MD

March 2021 – March 2021

- Modeled for athletic apparel; Smartform Bra campaigns, showcasing products in dynamic and static poses for print and video.
- Collaborated effectively with photographers, creative directors, and stylists to execute vision for social media content and storefront stills.
- Maintained peak physical condition through rigorous training and nutrition protocols to meet project requirements.
- Featured in International campaign for “Smartform” Bra

Soccer Stunt Player | Adidas | Leesburg, VA | October 2024- October 2024

- Performed as a stunt double for various productions, executing demanding physical routines including sprints, soccer drills, and choreographed action sequences.
- Demonstrated high-level soccer skills, including dribbling, passing, cutting, and defensive maneuvers, to accurately replicate on-field action.
- Collaborated closely with directors, choreographers, and safety coordinators to ensure the safe and precise execution of all stunts.
- Maintained peak physical condition through rigorous training, focusing on strength, endurance, and flexibility relevant to soccer and stunt work.
- Adapted quickly to new scenarios and last-minute changes, maintaining professionalism under pressure.

### Measurements & Statistics

- **Height:** 5'8"
- **Weight:** 137 lbs
- **Bust/Chest:** 34"
- **Waist:** "26" / 66 cm
- **Hips:** 36" / 91 cm
- **Dress Size (if applicable):** US 4 / EU 36
- **Shoe Size:** US 8.5 Womens
- **Hair Color:** Brown / Light Brown Highlight
- **Eye Color:** Brown

### Skills

- **Modeling:** Posing (dynamic, static, product-focused), Facial Expressions, Runway (if applicable), Commercial Modeling, Editorial Modeling, Lifestyle Modeling, Body Language.
- **Fitness:** Weight Training, Cardio, Injury Prevention, Sports-Specific Training (soccer), Nutrition Awareness.
- **Professional:** Punctuality, Reliability, Strong Work Ethic, Adaptability, Communication, Team Collaboration, Self-Motivated, Camera Confidence, Brand Representation.
- **Special Skills (if applicable):** Soccer

### Education & Certifications

B.S. in Biology | Francis Marion University | Florence, South Carolina  
Graduation: December 2018

- Focus on Human Biology and Psychology
- 4 Year Student Athlete (Soccer)

**ACSM Personal Trainer** | 2018- Present

**Nutrition Coach** | Precision Nutrition | 2021- Present