

Spencer Armand, MS, NSCA-CPT
108 Delvalle Street, Melbourne Beach, FL
(540) 229-7142 | armand@arbensolutions.com
My Website: <https://saltyandlit.fit>

Spencer Armand, MS, NSCA-CPT

SUMMARY

NSCA-Certified Personal Trainer | Discovered My Love for Lifting by Losing 100+ lbs,
Beating Chronic Gout, and Improving Strength and Conditioning | Passionate About
Empowering Others to Conquer Their Own Health Challenges

SKILLS

Discipline and Lifestyle Change Coaching | Fat Loss and Body Recomposition | Strength and
Conditioning | Fitness Programing | Hiking | Operations | Management | Customer Service |
Hospitality | Master Technologist

PROFESSIONAL EXPERIENCE

Founder and Trainer

Florida Intracoastal Training, LLC (FIT), Melbourne Beach, FL

2024

- Launched and managed a personal training business specializing in in-home and studio-based services.
- Designed customized strength and conditioning programs tailored to individual client needs.
- Utilized MyPTHub for client management, e-commerce, and program delivery.
- Built and maintained a professional online presence, enhancing brand visibility.
- Developed and executed targeted local marketing campaigns.

Freelance IT Specialist

Various Clients, Remote

2013 - 2023

- Provided technical support and web development services to various clients.
- Developed and optimized websites, improving user experience and performance.
- Managed SEO and digital marketing strategies to enhance online presence.
- Specialized in medical software, including EHR and patient management systems.

Hospitality Professional

Various Positions, Virginia

2004 - 2012

- Versatile experience across front and back-of-house roles in restaurants.
- Provided guest services in hotel hospitality and room service.
- Managed hospitality and court maintenance at a tennis club.

EDUCATION

North Dakota State University, Fargo, ND

Master of Software Engineering

2020 - 2021 and Graduated with a 3.6 GPA

Focused study of Advanced Intelligent Systems and Machine Learning.

University of Arkansas Grantham, Little Rock, AR

Bachelor of Computer Science

2015 - 2019 and Graduated with a 3.8 GPA

Magna cum laude and ΔET International Honor Society inductee.