

Rocco Venizelos

London, United Kingdom | Mobile: +4407497805929 / WhatsApp +306974784021
www.roccovenizelos.com | info@roccovenizelos.com | www.linkedin.com/in/roccovenizelos/

PROFESSIONAL EXPERIENCE

SpineCentral, Hampton UK **2021-present**
Advanced Biostructural Correction (ABC™)
Doctor of Chiropractic (associate)

Worlds Strongman **2021-present**
Giants Live™
Doctor of Chiropractic

24N Mayfair – SW1 CrossFit **2021**
Coach – Rehabilitation and Structural Correction – Nutrition
Designed and executed client specific training sessions, particularly for clients recovering from an injury, to empower them to reach maximum health and fitness potential through movement, innovation, and science.

- Coaching technical movements
- Work with clients to evaluate fitness levels, set goals, monitored progress and continuously met and exceeded their goals.
- Screened for functional movement patterns to ensure that clients can move well without pain or severe limitations.
- Led group seminars in Olympic Lifting techniques that focussed on minimizing low back and other injuries.

Clinical Intern **2021**
McTimoney College of Chiropractic Clinic

- Perform a new patient exam, develop a complete patient care plan, and to re-examine patients for improvement
- The importance of GDPR rules and how to establish a trusted relationship with patients
- Getting the medical information needed to make an accurate diagnosis and treatment plan
- Using and updating EHRs – electronic health records
- Communicating with patients the benefits of the chiropractic approach
- Writing an X-ray report, writing GP letters when needed and using other chiropractic tools and equipment
- Performing spinal adjustments indicated by the exam when approved by the supervising clinician
- When and how to make suggestions for changes in lifestyle, posture, or nutrition
- Rehabilitation programs

Strength & Conditioning, Rehabilitation and Nutritional advice for Lorenzo Giustino.

2020 Roland-Garros Grand Slam tennis tournament

Strength & Conditioning , Rehabilitation and Nutritional advice for Basak Eraydin and Lorenzo Giustino.

2020 Australian Open Grand Slam tennis tournament.

Coaching Tennis Pro No1 Woman in Turkey Basak Eraydin top 156 WTA.

- Rehabilitation of calf injury, lower back.
- Sports nutrition for performance and recovery
- Hydration and Jet lag protocols.
- Strength and Conditioning.

- Postural correction
- Coaching the inner game of the sport.

2019 US Open Championships Grand Slam tennis tournament.

RockTape® Instructor

2019-2021

- Seminars/Workshops for RockTape®
- IASTM
- Kinesiotaping
- Anatomy Physiology Lectures

Coaching Tennis Pro Lorenzo Giustino top 126 ATP.

2018-2019

2019 Wimbledon Championships Grand Slam tennis tournament

- Rehabilitation recover from Lower Back Pain and shoulder and elbow injury.
- Dietary interventions
- Sports nutrition for performance and recovery.
- Strength and Conditioning.
- Postural correction
- Coaching the inner game of the sport.

Head Advisor & Training Consultant Bruguera Tennis Academy, Spain

2014 - 2020

Lead the training and program development in strength and conditioning for the athletes.

- Train elite professional tennis athletes, helping them recover from injury and optimize their performance. An example of this includes the rehabilitation exercise and strength training for Lorenzo Giustino who improved his performance and placed 128th in the world vs. 200th previously.
- Travel with athletes to competitions for continuous personal strength training and support.
- Assist the medical staff in exercise rehabilitation and provide myofascial release therapy for injured athletes.

Inferno Fitness, Hershon, UK

2018 - 2019

Strength & Conditioning Coach - Rehabilitation

Designed and guided clients through safe workouts designed to their fitness levels and medical considerations, from obesity to type 2 diabetes, arthritis, sports injuries and post-surgeries.

- Built a strong rapport with clients by continuously exceeding their goals, in turn, gaining their trust and loyalty that resulted in a high client retention rate of approximately 98%.
- Led the specialized training necessary for clients that were rehabilitating from injury/surgery.
- Executed thorough pre-assessments including fitness level, functional movement screening, nutrition and low back assessments to help design client specific training programs.
- Custom designed innovative exercise, nutrition and strength/conditioning programs that enabled clients to achieve their personal goals, while preventing injuries by ensuring proper exercise technique and safety.

CrossFit Bournemouth | Bournemouth, UK

2015 -2017

Strength & Conditioning Coach - Rehabilitation

Designed and executed client specific training sessions, particularly for clients recovering from an injury, to empower them to reach maximum health and fitness potential through movement, innovation, and science.

- Worked with clients to evaluate fitness levels, set goals, monitored progress and continuously met and exceeded their goals.
- Screened for functional movement patterns to ensure that clients can move well without pain or severe limitations.
- Built a strong client base with 97% repeat business and a roster of satisfied clients.
- Developed and delivered fitness classes that consistently achieved filled-to-capacity enrollment and rave reviews. Top-rated instructor of Weight Lifting and Cross Fit.
- Led group seminars in Olympic Lifting techniques that focussed on minimizing low back and other injuries.

Littledown Gym, BHLIVE | Bournemouth UK
Personal Trainer & Health and Fitness Advisor

2015 - 2017

Educated clients on the importance of establishing realistic goals that promoted adherence to a healthy physical fitness program.

- Executed thorough pre-assessments to help design client specific training programs.
- Developed customized training programs, including strength training, functional mobility and nutrition that enabled clients to meet and exceed their fitness/performance goals.
- Continuously created and updated innovative training programs and incentives to engage and motivate clients to adhere to their program.

Gymnastics Gym, Greece

2013- 2015

Personal Trainer & Assistant Manager

Developed innovative training programs, including strength training, functional mobility and nutrition that enabled the continuous improvement of client fitness.

- Trained elite athletes in Olympic weightlifting techniques, ensuring correct movement to minimize injury.
- Trained with world renowned Olympic weightlifting coach Christos Iakovou and European weightlifting medalist George Saroglakis.
- Managed the daily operation of the gym which serviced over 700 members.
- Introduced and led the first CrossFit program in north-eastern Greece.
- Educated clients on the importance of establishing realistic goals that promoted adherence to a healthy physical fitness program.

Wing Tsjun Academy – CrossFit Ioannina, Greece

2011 - 2014

Owner, Sihing Rocco Venizelos

Launched and operated the first Wing Tsjun Academy in Ioannina, Greece. First CrossFit Box in NW Greece.

- Trained elite athletes in Olympic weightlifting techniques, ensuring correct movement to minimize injury. Trained with world renowned Olympic weightlifting coach Christos Iakovou.
- Managed and grew the operation including expenses, recruitment, training and retention of staff, advertising and sourcing clientele.
- Led the instruction of the Wing Tsjun classes for adults and children.
- Led a violence prevention program for women and teens.

Energy Gym, Greece

2011 – 2013

Manager and Personal Trainer

Managed gym with over 300 members, including banking, staff recruitment, training and retention, equipment maintenance, promotion of the gym to gain new members.

- Personal trainer, strength coach, led functional movement courses, martial arts and nutritional counselling.
- Tracked client's progress and updated their program as required.
- Advised on common sport and exercise related injuries.
- Exercised strong communication and interpersonal skills to help gain client's trust and thereby retain their business.
- Solicited feedback from clients on their fitness routine, performance and achievements.

EDUCATION

Masters In Chiropractic MChiro

2017 -2021

McTimoney College of Chiropractic, Oxford

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MSc Sport and Exercise Nutrition Middlesex University, London UK Dissertation: <i>"The therapeutic effect of the combination of Boswellia Serrata, Curcuma Longa and Vitis Vinifera supplements in patients with Osteoarthritis"</i>	2018 -2020
Post Graduate Diploma in Applied Sports & Exercise Nutrition International Society of Sports Nutrition (ISSN)	2016 - 2018
Health Science Diploma (AECC) (Distinction) Anglo European Chiropractic College	2016
BSc in Electrical Engineering Technological Educational Institute of Chalkis, Greece	2004

TRAINING/CERTIFICATIONS

ABC™ Practitioner C-L1	2021
Certified Strength and Conditioning Coach (CSCS-NSCA®) NSCA®	expected
Certified Nutrition Coach (NASM-CNC) NASM®	2021
ABC™ Practitioner Advanced BioStructural Correction Institute	2021
Neurosports Certified by the Society for NeuroSports (CSNS)	2021
Dissection Course - Kings College	2018/2019
RockTape Instructor	current
EXOS® Absolute Speed EXOS® Human Performance	2020
Shoulder and Hip Blueprint	2020
ABC™ Advanced Biostructural Correction™	current
McGill Method Master Clinician	2019
Nick Tumminello -2 Day mentoring Course	2018
McGill Method (1-2-3)	2016-2019

Rocco Venizelos Venipuncture and Cannulation Middlesex University, London	3 2019
Certified Sports Nutritionist - CISSN International Society of Sports Nutrition	2018
RockTape - FMT Basic & Performance - Kinesiology taping RockTape - FMT Blades - IASTM Certification RockTape - FMT Performance Movement Techniques	2017 2017 2015
Orthopedic Exercise Specialist Certification American Council of Exercise (ACE®)	2017
Personal Trainer Certification American Council on Exercise (ACE®)	2015
Standard First Aid Instructor, License RTI 1515 First Aid at Work (CY-GB), Instructor/Assessor Training Course. License RTI 1515 Complete First Aid Training, License CoFAT7045 Cardiopulmonary Resuscitation (CPR) technique, Basic Life Support (BLS) Rescue Training International	2015
Blackroll Trainer, Functional Training & Fascial Therapy, License T-1078	2014
CrossFit Level 1 Trainer Certificate CrossFit Inc, Washington, DC	2011
Health and Fitness Professional Training EHFA Greek Institute of Fitness: Studio One, Thessaloniki	2011

Books

McGill, S. Venizelos R (2022). *Back Mechanic: The Secrets to a Healthy Spine Your Doctor Isn't Telling You*
Awaiting publication February 2022

1000+ No Gym Workouts ebook Dr. Nikita Vizniak- Rocco Venizelos (expected March 2022)

Barbell Medicine – Rocco Venizelos – Dr. Jozef Korab (expected October 2022)

Research Project

The therapeutic effect of the combination of Boswellia Serrata, Curcuma Longa and Vitis Vinifera supplements
in patients with Osteoarthritis:a randomized control trial 3/2019- present

Memberships

NSCA , ACSM, SENr, RCC
EREPS ambassador

Podcast / YouTube

Restart on spotify
Rocco Venizelos YouTube