

MILOŠ KULPINSKI

SENIOR PERSONAL TRAINER | PERFORMANCE COACH | FITNESS OPERATIONS

Novi Sad, Serbia | Open to international relocation
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PROFESSIONAL PROFILE

Senior personal trainer and performance coach with more than 16 years of experience across premium fitness clubs, boutique studios, private coaching and remote delivery, including seven years in Kuwait. Holds a bachelor's degree in Physical Education and Sport and EREPS Level 6 registration as a Graduate Exercise Professional. Expertise includes strength and conditioning, movement assessment, mobility, body-composition coaching, periodised programme design and training-load monitoring. Experienced in supporting executives, private clients and internationally mobile families while maintaining discretion, clear communication and consistent service standards. Also brings hands-on experience in club operations, floor flow and schedule coordination.

EDUCATION

Bachelor of Physical Education and Sport
Faculty of Sport and Tourism TIMS | Novi Sad, Serbia | 2012

PROFESSIONAL REGISTRATION

EREPS Level 6 - Graduate Exercise Professional | European Register of Exercise Professionals | 2026
Basic Life Support (BLS/AED) Provider | European Resuscitation Council (ERC) | Aug 2026

CORE EXPERTISE

● Personal training and client assessment	● Strength and conditioning
● Periodisation and programme design	● Movement quality, mobility and exercise technique
● Body-composition coaching	● Functional training and general physical preparedness
● One-to-one, semi-private and small-group delivery	● Training-load monitoring: volume, tonnage, HRV/RHR and readiness
● Executive, premium and high-net-worth client service	● Club operations, floor management and scheduling
● Remote coaching and travel-adapted programming	● Progress review, client retention and referral development

PROFESSIONAL EXPERIENCE

Jul 2017 - Present

Private & Remote Performance Coach

LuKul Atelier | International / Novi Sad, Serbia

- Deliver individualised in-person and remote coaching for general-population, executive and strength-focused clients.
- Design periodised programmes combining strength, mobility, conditioning and body-composition objectives.
- Adapt training to travel, equipment access, time constraints, recovery and changing schedules.
- Review training volume, tonnage, readiness and available HRV/RHR data to guide progression and maintain structured progress reviews.
- Maintain confidential communication, clear expectations and continuity across in-person and remote delivery.

Independent practice maintained alongside selected facility roles.

Nov 2025 - Mar 2026

Senior Coach & Club Manager

Infinity Fitness Academy | Novi Sad, Serbia

- Designed and supervised strength, functional training, mobility and body-composition programmes for premium clients.
- Managed daily club operations, service standards, floor flow, member experience and scheduling coordination.
- Adjusted macrocycles and daily sessions around client goals, stress, travel and recovery.
- Supported professional conduct, client retention and consistent delivery during busy operating periods.

Nov 2023 - Nov 2024

Personal Trainer

Rise Academy | Kuwait City, Kuwait

- Delivered one-to-one, semi-private and small-group sessions for one to three clients in a boutique setting.
- Adapted programming to client ability, available space and session density while maintaining safety and coaching quality.
- Maintained accurate session tracking, member communication and consistent service standards.
- Optimised floor flow and exercise selection when coaching multiple clients within limited space.

PROFESSIONAL EXPERIENCE - CONTINUED

Jun 2014 - Jul 2020

Personal Trainer

Inspire Pure Fitness | Kuwait City, Kuwait

- Delivered confidential one-to-one coaching for premium clients, executives and families across strength, conditioning, mobility and body-composition goals.
- Built long-term, referral-led client relationships through discretion, consistency and attentive service.
- Designed programmes around movement quality, lifestyle demands, travel and sustainable progression.
- Managed a demanding schedule while preserving individual attention, professional boundaries and session quality.

Nov 2012 - Aug 2013

Personal Trainer

Total Gym | Novi Sad, Serbia

- Instructed members in safe equipment use, exercise technique and appropriate progression.
- Modified exercises to support posture, balance, coordination, flexibility, core strength and muscular endurance.
- Helped members build confidence through clear demonstrations and appropriately scaled exercise options.

Feb 2010 - Feb 2012

Personal Trainer

Miss Fit | Novi Sad, Serbia

- Conducted structured fitness assessments and developed individualised training programmes.
- Coached exercise technique and supported clients through progressive strength and general-fitness plans.
- Maintained equipment awareness and a safe, organised training environment.

SELECTED PROFESSIONAL DEVELOPMENT

Dr Layne Norton seminar | Inspire Pure Fitness, Kuwait | 2016
Andrey Malanichev Powerlifting Seminar | Barbell Company, Kuwait | 2018
Stan Efferding and Ed Coan strength seminar | Kuwait
Additional strength and performance seminars | Kuwait | 2016-2020

PROFESSIONAL APPROACH

Evidence-informed progression with clear technique standards and realistic workload management.
Discreet, culturally aware service for private, executive and internationally mobile clients.
Structured communication, progress reviews and programme adaptation across changing schedules.
Balanced integration of strength, mobility, conditioning and long-term training continuity.

ADDITIONAL EDUCATION

Computer Maintenance

Mihajlo Pupin Electrotechnical School | Novi Sad, Serbia | 2006

LANGUAGES & ADDITIONAL INFORMATION

Languages: Serbian (native), English (fluent), German (basic)
Employment documentation and supporting certificates are available upon request.