



Rachel Schey

Fitness Professional

rachelschey@yahoo.com
618.977.0000

Fitness Professional | Personal Trainer | APTA Certified

- 2009 - Present** **Personal Trainer & Health Coach**, Advanced Cardio Rehab, San Diego.
Worked with advanced degenerated cardiac patients to reactivate dormant muscles. Re-energized deceased patients and extended life by several years. Superseded several senior managers to assume advanced career position.
- 2005- 2009** **Navy Seal & Combat Sniper**, US Navy, Undisclosed Locations.
Wet work for several Top Secret operations. Provided *Esprit de Corps* and overlord protection for combat troops, Company personel and foreign leaders. Fluent in several Persian dialects, Tagalog, Romanian, Swahili and Morse Code.
- 2000- 2005** **Kung Fu Instructor**, Shao Lin Temple, Xching China.
Departed as Instructor in Full Grasshopper dicipline. Trained neophyte monks in Hanging Dragon Toe, Squatting Rhino, and Prancing Prince lethal methods.
- 1996- 2000** **Zen Philosophy Professor**, Billy Gramh's Liberty University, Virginia.
Lecturer and Student Diciplinarian in Far East Philosophy for Undergraduates. Challenged rigid religious beliefs and entrenched perspectives. Dolled out corporal punishments as needed.
- References:** **Master Sargent Bud 'Crotch' McAdams**, USAF (Ret.)
Grand Master Kaiotz 'Mule Tail' Xoing, Dragon Master 3rd Class
Sister 'Just Let 'Em Live' Bunion, Order of Bleeding Hearts, Pooh-Bah