



# NIKOLA TOMAS

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## Personal information

### Address

Pavlovićka 17b  
Gornji Stupnik  
Croatia

### Date of Birth

July 14, 1990

### Place of Birth

Zagreb, Croatia

### Nationality

Croatian



## Skills

Kinesitherapy

Sports massage

Professional conditional trainer

Personal fitness trainer

Teamwork

Independent work

Leadership

Interpersonal skills

Organizational skills



## Overview



*I am a **kinesitherapist**, **personal** and **conditional trainer**; with Masters Degree in Kinesiology.*

*I firmly believe success is personal. It is not defined by performing at a high level once. Rather, it is a **process**.*

*Process of getting better every day.*

*Testing one's limits and pushing them.*



My main interest and my passion is kinesitherapy. For two years, I have been working with Diagnostics Center of Faculty of Kinesiology; which allowed me gain knowledge and experience in kinesitherapy and sports massage; working side by side with some of the best experts in the field and collaborate with some of Croatia's top athletes, both amateur and professional. Through my work I have witnessed how much of an application of scientifically based exercise principles can enhance one's strength, endurance, and mobility.

To cue to the above said, I would like to share an anecdote, which emphasizes the importance of health aspect of exercise and kinesitherapy. It is also a story of my personal victory and a professional achievement that I am the most proud of. As every athlete knows, when pushing our body to limits, one ought to be careful. Otherwise, accidents and injuries can happen. Unfortunately, I had to learn it on my own skin. At the very beginning of my study at University, it happened that I had a misfortune to fall and injure my spine - protrusion of the disc L4-L5 / bulging disc L5-S1. I have undergone physical therapy in hospital, but repeated magnet resonance showed it was to no effect. However, due to my field of study, I decided to give my all to educate and work on myself, in order to overcome this injury. I became my own case study. And after years of education in the field of kinesitherapy and effort put in a systematic and precise exercise, the results improved drastically. The findings showed that at all levels mentioned no disc herniation was observed, spinal canal diameters were preserved, and spinal flanges were mutually free. I reclaimed my health.

My main goal is to excel in sports rehabilitation and sports massage; to collaborate with top athletes, lead them, help them achieve their potential and succeed. Recently, I had an opportunity to do so by working as a personal coach and fitness instructor with an upscale fitness gym in very center of city of Zagreb. I am also a karate coach and a licensed karate judge.



## Languages

Written and verbal communication



Croatian



English



movement



strength



performance

## + Experience

■ 09/2015 - now

### Kinesitherapist & Personal conditional trainer | Zagreb

#### ORLANDO Fitness Group

Working as a personal trainer in one of Zagreb's most prestigious fitness centers, with high profiled clients; I spent my time mostly working with clients individually; and occasionally in small groups. However, approach to my clients has always been individual. The process involves meeting with a client before they begin fitness sessions, to communicate with the client their goals; defining the goals, and constructing and organizing a customized plan based on client's goals. Those plans are typically not only exercise plans, but also diet and lifestyle suggestions which are relevant to the fitness plan.

My duties also involved kinesitherapy and sports massage. As a kinesitherapist, my goal was to utilize exercise and education to enhance strength, endurance, flexibility, and mobility. Through clinical applications of rehabilitation exercise, I was able to improve overall functional abilities of my clients; and even few sessions made a difference.

Through my work working with rehabilitating athletes I have witnessed how much application of specially designed sports massage promotes flexibility, reduces fatigue, improves endurance, helps prevent injuries and prepares their body and mind for optimal performance.

■ 2016 - now

### Personal conditional trainer | Zagreb

#### Personal and conditional trainer of Manuel Ivanišević

I have a pleasure to work as a personal and conditioning trainer with this young perspective Croatian tennis player (coincidentally, a son of Wimbledon Winner Goran Ivanišević) for over a year now. I act as his guide through combined strength training and aerobic conditioning, alongside a variety of further methods, including kinesitherapy. We are focused on overall improving his sports performance as well as minimizing the possibilities of potential injuries.

■ 09/2014-07/2015

### Research Assistant | Zagreb

#### Sports Science Diagnostics Center; Faculty of Kinesiology, University of Zagreb

Working along side with the professors and scientists of Diagnostics Center, I had an opportunity to learn scientific methods and perform testings – spirometry, spiroergometry, basal metabolic rate testing to name just a few; I have learned how to analyse the data and apply the findings on case to case basis, with an aim to enhance client's performance.

Every athlete's goal is, naturally, to achieve outstanding sport results; and I feel quite privileged that I was a part of the team which had significant impact on performance of many of Croatian athletes we collaborated with. Our team had pleasure of working with some of most renowned Croatian athletes from varying successful sports backgrounds: Croatian Olympic Rowing Champions the Sinković Brothers; football players – Luka Modrić (Real Madrid F.C.), Marcelo Brozović (FC Inter Milan); Marko Pjaca (FC Juventus); Ivan Tomečak (KV Mechelen); Croatian National Team gymnast Mario Možnik; Croatian National Paraolimpic Team; various tennis players and many more.

■ 2013 - 06/2014

### Conditional trainer | Zagreb

#### NK Zagreb (First Croatian Football League)

During my time in NK Zagreb I have developed as a conditional trainer, realizing that modern football, especially as high level professional sport is absolutely demanding and importance of training and conditioning is paramount. I have been preparing team before and during season. Our training plan was consisted of not only skill development and endurance training (i.e. running), but also strength and strength endurance training; speed and power training; flexibility training (warming up and cooling down); agility training and nutrition plan.

■ 2012 - 2014

### Conditional trainer | Gornji Stupnik

#### NK Stupnik (Third Croatian Football League)

Sports have always been an integral part of my life but this was my first professional engagement as a conditional trainer. I was learning from my superiors and trying to put knowledge gained on my University courses to a good use.

## + Education

■ 2016

### Masters Degree in Kinesiology | Faculty of Kinesiology, University of Zagreb

■ 2009

### Graduation | I. Opća gimnazija, Zagreb



## Community engagement

■ since 2007

Trainer and at Karate Club HONDA, Zagreb; and active karate judge

■ 2010 - 2016

Model for SANDRA agency, Zagreb



## Notes

Personal references possible at request.



movement



strength



performance