

Curriculum Vitae

Male

D.O.B. 01 January 1995

Number of years working in industry: 5 years 9 months

Candidate ID Number: 101048

Nationality: Egyptian

Language Skills:

Fluent: English, Arabic

Permitted to work in: Egypt

Position Sought: Fitness Professional

Personal Statement

Highly effective NASM Certified Personal Trainer with 1+ year of experience guiding diverse clients to successfully achieve health and wellness goals. Results-oriented and adaptable with passion for designing training programs and counseling clients on nutrition habits to maximize performance, improve endurance and increase overall wellbeing. Strategic thinker with exceptional health and wellness expertise.

Seeking work in national and international locations and cruise ships

Employment History:

November 2020 - Present - Fitness Professional at (most recent employer hidden for confidentiality) New Cairo, Egypt, (Health Club)

Duties included:

- Deliver results-oriented training programs
- Take the responsibility of creating the best version of my clients whatever their goals
- Engage with my clients by creating strong rapport and inspire them to build new habits and remove the old ones.

May 2020 - November 2020 - Fitness Professional at Black Ball Sporting Club , New Cairo, Egypt, (Health Club)

Duties included:

- Curbed learning time by effectively developing customer rapport and training clients.
- Took pride in listening to clients to create highly individualized programs

Products worked with:

Cybex

Education and Qualifications:

2020 National Academy Of Sports Medicine (NASM)

NASM CPT

Personal Training

2020 National Academy Of Sports Medicine (NASM)

2017 Zagazig University

Vocational Qualifications

First Aid, CPR, AED

Hobbies and Interests

Reading

CV created at www.spastaff.com

