

Curriculum Vitae

Male

D.O.B. 09 July 1987

Number of years working in industry:

2 years 6 months



Candidate ID Number: 149475

Nationality: Cameroonian

Language Skills:

Fluent: English, French

Basic: Spanish

Permitted to work in: Cameroon

Position Sought: Senior Therapist, Massage Therapist, Fitness Professional

Personal Statement

Honesty, dependability, good sense of humor, team, relationship, discipline and consistency are my qualities.

Seeking work in international locations

Employment History:

August 2023 - Present - Massage Therapist at (most recent employer hidden for confidentiality) Douala , Cameroon, (Hospital / Medical Clinic)

Duties included:

Sports massage

Deep tissue massage

Hijama therapy

February 2025 - Present - Sports massage at Centre d'accueil Bependa , Douala , Cameroon, (Health Club)

Duties included:

- Deep tissue massage
- Weights loss
- Rehabilitation post injury
- Nutritional assistance
- Sports massage

Products worked with:

Pevonia

Education and Qualifications:

2024

Massage therapy

2023 **Trifocus fitness academy Fitness Professional academy Johannesburg south Africa Inaref**
Electrostimulation therapy Douala-Cameroon

Certificate

Fitness trainer

Cupping therapy

2019 Virgin active Borskgburg South African 101 noname Street borskgburg

Certificate of achievement

Bodybuilding

2019

Certified

- Prep for bodybuilding for and started competition as bodybuilder in South Africa:
- 2018 February xfe classic champion 1st place
- 2018 July borskgburg Classic 2nd place
- 2018 October Gentle Giant 1st place and overall winner
- 2019 Mai Arnold Classic Africa 6th place and certificate of achievement

2023 Fitness Professionals academy

- Certificate Sports massage

2018 Trifocus fitness academy

- Certificate Personal trainer
- Bodybuilding certificate of achievement

Product Training:

April 2023 Sports massage therapy

- Fitness Professionals academy Johannesburg South Africa
- Deep tissue massage.
- Soft tissue massage
- Sport massage
- Stretching

May 2018 Personal training / exercise specialist

- Trifocus fitness academy Johannesburg South Africa
- Anatomy
- Physiology
- Nutrition
- Computer
- Biomechanic
- Lead and instruct individual and group
- Person with disability

Vocational Qualifications

First Aid certificate

Barber shop

Security guard

Bodyguard

Hobbies and Interests

Bodybuilding

Soccer ball

Rugby

Golf

Hiking

Cinema

Snooker

Zoo

CV created at www.spastaff.com

