



Curriculum Vitae

Male

D.O.B. 25 December 1979

Number of years working in industry:

7 years 1 month

Candidate ID Number: 169471

Nationality: Lebanese

Language Skills:

Fluent: Arabic

Good: English, French

Permitted to work in: Lebanon

Position Sought: Fitness Professional, Swim / Aqua Fit Teacher

Personal Statement

In a few months, I will get an M.A. in Physical Conditioning. I look forward to starting a new Academic Job in addition to Training. My passion for both sports and success will guide me through the right way to transfer my knowledge to my students to prepare them for a strong start-up in their lives. In 2016, my fitness journey started. I quit smoking. I shifted from long office work to swimming, lifting weights, living healthy, exercising 6 days a week, and eating clean and healthy. I am very excited about my work and enthusiastic about my future fitness and academic career.

Seeking work in international locations

Employment History:

January 2019 - Present - Fitness Professional at (most recent employer hidden for confidentiality) Tripoli, Lebanon, Lebanon, (Health Club)

Duties included:

Perform a fitness assessment of new client to structure their training regimen accordingly. Structure an exercise regimen according to the client's level and specific goals (weight loss, lean muscle gain, endurance, muscular strength, posture correction, etc.). Provide the client with general dietary advice to help them make informed meal and meal timing decisions. Monitor the client to ensure they are on the right track.

Education and Qualifications:

2024 University of Balamand, Lebanon

MA-Physical Conditioning

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2020 ISSA-USA

Certified personal trainer

Personal Trainer

2021 University of Tripoli

Vocational Qualifications

First aid, CPR, Microsoft office

Hobbies and Interests

Swiming, hiking,

CV created at www.spastaff.com

