

Curriculum Vitae

Male

D.O.B. 16 August 1988

Number of years working in industry: 14 years 0 months

Candidate ID Number: 169874

Nationality: Iranian

Language Skills:

Fluent: English

Permitted to work in: Iran

Position Sought: Fitness Professional, personal trainer

Personal Statement

Seeking work in international locations and cruise ships

Employment History:

August 2010 - August 2024 - Fitness Professional at (most recent employer hidden for confidentiality) dubai, UAE - United Arab Emirates, (Hotel Fitness Centre)

Duties included:

- Counsel clients on proper nutrition and healthy lifestyles, analyze client needs, and develop customized fitness plans to achieve weight loss in 85% of clients
- Lead 30 one-on-one and group training sessions per 3 month with clients of all ages and create unique and engaging classes to attract new clients
- Show clients how to modify exercises to avoid further injury

Track client progress and help them adapt their programs to continue reaching their goals

Education and Qualifications:

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coaching certificate ABBF diploma weight training level a IFBB

- Kept a safe and clean working area, ensuring all equipment remained in good working order
- Created and delivered a 12-week weight loss challenge to attract new clients to the gym, resulting in an 80% adherence
- Evaluate new clients and deliver gym orientation sessions, demonstrate correct equipment usage and lifting techniques to approximately 15 clients per day, and supervise to ensure safe and effective workouts
- Adapt existing frameworks to accommodate mobility limitations and physical disabilities

Monitor gym environment for safety and maintain a clear and appealing workspace

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