

Curriculum Vitae

Male

Number of years working in industry:

14 years 8 months



Candidate ID Number: 174026

Nationality: Iranian

Language Skills:

Fluent: German

Good: English

Basic: Persian

Permitted to work in: Iran

Position Sought: Fitness Professional

Personal Statement

I want to be the best actor in the world

Seeking work in international locations and cruise ships

Employment History:

June 2011 - Present - Fitness Professional at (most recent employer hidden for confidentiality) Tehran ,Iran, Iran, (Health Club)

Duties included:

I am a bodybuilding and crossfit trainer and I am the manager of my gym

Products worked with:

I'm fitness coach and TRX and cross fit

Education and Qualifications:

2017 IFBB Certified personal Trainer OLYMPIA IRAN FITNESS Certified Cross fit F3 Driving licence Certified Azadi Academy

Master of Civil Engineering: | 2015, Roudehen, TH Bachelor of Civil Engineering: | 2011, Damavand, TH

Fitness coachl Jan 2014 To Dec 2023 /Tehran

Designed and instructed 10 group Trx and Cross fit per week

Created specialized meal and accountability plans on social media

For22 premium members

Cross fitl Jan 2014 To Dec 2021 /Tehran

Tracked 67 clients' progress and discussed program and nutrition to assist with accountability

Functional training I Jan 2014To Dec 2023/Tehran

Personal Trainer | 2014-2018/Tehran

customized fitness plans for 52 long-term clients

Coached efficient and safe workouts for 90 short-term clients recovering from injuries

2015 Azad university

IFBB Certified personal Trainer

OLYMPIA IRAN FITNESS Certified Cross fit

F3 Driving licence Certified Azadi Academy

Product Training:

November 2024 IFBB Certified personal Trainer OLYMPIA IRAN FITNESS Certified Cross fit

Iran academi ifbb and Iran olympia

Personal Trainer | 2014-2018/Tehran

customized fitness plans for 52 long-term clients

Coached efficient and safe workouts for 90 short-term clients recovering from injuries

Vocational Qualifications

F3 Driving licence Certified Azadi Academy

Swimming training

Autocaf

safe

actor

theater

Hobbies and Interests

Running

hichking

driving

swiming

yoga

CV created at www.spastaff.com

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