

Curriculum Vitae

Male

Number of years working in industry: 10 years 1 month

Candidate ID Number: 175569

Nationality: French

Language Skills:

Fluent: English, French

Good: Arabic

Permitted to work in: European Union

Position Sought: Fitness Professional

Personal Statement

Talented professional with expertise in person training role. Dynamic public speaker known for meeting demanding training schedules and exceeding management expectations. Considered valuable asset to any team.

Seeking work in international locations

Employment History:

January 2020 - Present - Fitness Professional at (most recent employer hidden for confidentiality) Town, France, (Health Club)

Duties included:

- Conducted assessments to evaluate clients current physical condition, strength, flexibility, and body composition.
- Provided instructions in proper form, technique, and safety when performing exercises.
- Provided instruction in stretching techniques to improve flexibility and reduce risk of injury.
- Created personal training experiences for clients.
- Monitoring the progress and adapt training programs as needed

January 2016 - November 2023 - Fitness Professional at Freelance, Vouliagmeni, France, (Cruise Ship)

Duties included:

- Developed and implemented comprehensive training plans for boxers of all ages, levels, and abilities.
- Assessed individual boxer's strengths, weaknesses, and aptitude to design tailored programs.
- Organized boxing classes and private lessons according to the needs of each client.
- Instructed boxers in proper nutrition habits for optimal performance.
- Educated athletes in rules, strategies, sportsmanship and performance principles.

Education and Qualifications:

2015

2015 UCPA FORMATION PARIS

The Professional Certificate in Youth, Popular Education and Sport Weight lifting Certificate

Weight lifting

Boxing

Wellness coach

advanced stretching techniques

body adjustment

2015

CV created at www.spastaff.com

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