

# 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](http://www.spastaff.com)

