

Curriculum Vitae

Male

D.O.B. 06 November 1992

Number of years working in industry:

6 years 1 month



Candidate ID Number: 180409

Nationality: Indian

Language Skills:

Fluent: English

Good: Hindi, Tamil

Basic: Malayalam, German, French

Permitted to work in: Qatar, India

Position Sought: Fitness Professional, Electro Myo Stimulation Coach

Personal Statement

My best qualities are dedication to the task at hand and utmost loyalty to the organisation i serve. I have that hunger to excel both in my personal and professional life while adhering to my ethical and moral codes.

Seeking work in national and international locations and cruise ships

Employment History:

February 2025 - Present - Spa Consultant at (most recent employer hidden for confidentiality) Doha, Qatar, (Health Club)

Duties included:

As a fitness coach at City Gym, Doha, my role involves guiding clients through structured workout programs tailored to their fitness levels and goals. My responsibilities include:

1. Kettlebell Coaching

Conducting specialized kettlebell training sessions focusing on strength, endurance, mobility, and coordination.

Teaching proper techniques to prevent injuries and maximize performance.

Designing progressive kettlebell programs for individuals and small groups.

2. HIIT Camps

Organizing and leading High-Intensity Interval Training (HIIT) camps to improve cardiovascular fitness, fat loss, and muscular endurance.

Creating dynamic, high-energy workouts incorporating bodyweight movements, resistance training, and functional exercises.

Motivating and guiding participants to push their limits while maintaining proper form.

3. Personal Fitness Training

Developing customized fitness programs based on clients' goals, fitness levels, and medical history.

Providing one-on-one coaching on strength training, conditioning, weight loss, and muscle building.

Monitoring progress and adjusting workout plans as needed.

Offering nutritional advice and lifestyle guidance to complement training.

4. Fitness Boxing Training

Conducting fitness-based boxing sessions to improve strength, agility, coordination, and endurance.

Teaching proper punching techniques, footwork, and defensive movements.

Incorporating boxing drills, pad work, and circuit training to enhance cardiovascular fitness and muscle toning.

Products worked with:

I motion EMS equipment

Mihabodytec EMS equipment

August 2019 - September 2024 - Fitness Professional at Hezzron Electrofit, Kochi, India, (Health Club)

Duties included:

At Hezzron Electrofit, my duties included:

- 1. Electro Myo Stimulation (EMS) Training – Conducting EMS sessions, ensuring proper electrode placement, and guiding clients through effective workouts.
- 2. Personal Training – Designing customized fitness programs based on client goals, fitness levels, and health conditions.
- 3. Kettlebell Coaching – Teaching proper kettlebell techniques, programming strength and endurance workouts, and ensuring safety.
- 4. HIIT Coaching – Leading high-intensity interval training (HIIT) sessions, focusing on fat loss, endurance, and strength conditioning.
- 5. Client Progress Tracking – Monitoring client performance, adjusting training plans, and providing motivation and support.
- 6. Studio Management Support – Assisting with scheduling, equipment maintenance, and ensuring a smooth training experience for clients.

Products worked with:

I motion EMS equipment

Mihabodytec EMS equipment

Education and Qualifications:

2022 National Exercise and Sports Trainers Association, Kochi, India (In house)

NESTA Level II

National Exercise and Sports Trainers Association (NESTA) Kettlebell Coach

2022 American Council on Exercise, Kochi, India (In house)

ACE Level II

ACE certified Sports Performance Specialist

2020 American Council on Exercise, Kochi, India (In house)

ACE CPT (Certified)

1) American Council on Exercise Certified Personal trainer (CPT)

2014 Anna University, Chennai

Bachelor's in Automobile Engineering.

Product Training:

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| August 2019 | 1) Kettlebell 2) I motion EMS equipment. |
| | 1) Kettlebell: NESTA, Online programme. |

2) I motion EMS equipment: TC1, Mumbai, India.

The EMS training syllabus included: The fundamentals of EMS technology, Viability of its application as a training modality, Contraindications, Setting up the EMS training device, how to evaluate a client prior to EMS training, How to train a client using EMS to help reach their goals.

Vocational Qualifications

Google certified online marketer.

Hobbies and Interests

- 1) Hiking
- 2) Cycling
- 3) Combat sports
- 4) Gaming

CV created at www.spastaff.com

