

# **Curriculum Vitae**

**Male**

**D.O.B. 20 January 1990**

**Number of years working in industry: 12 years 10 months**

**Candidate ID Number:** 181066

**Nationality:** South African

**Language Skills:**

Fluent: English

**Permitted to work in:** UAE - United Arab Emirates, South Africa

**Position Sought:** Fitness Professional

## **Personal Statement**

With over 13 years of experience as a dedicated fitness professional, I have worked across diverse environments, from boutique studios to high-profile personal training, helping clients achieve their health and wellness goals through a holistic approach to fitness.

Currently based in the UAE, I am in the process of relocating to Doha at the end of March, as my wife has already begun her professional journey there. This transition presents a fantastic opportunity for me to bring my expertise in personal training, sports conditioning, and group fitness to the vibrant fitness community in Doha.

Throughout my career, I have had the privilege of training a wide range of clients, from elite athletes to individuals seeking to enhance their overall well-being. My expertise lies in creating customized training programs, conducting fitness assessments, and fostering a motivating environment to ensure sustainable results. I am also adept at working within teams to deliver exceptional client experiences and contribute to the growth of a fitness establishment.

My experience in hospitality, group training and working with diverse range of individuals make me an asset to your team.

I welcome the opportunity to further discuss how my background and passion for fitness can add value to your organization.

Seeking work in international locations

## **Employment History:**

**June 2022 - Present - Fitness Professional** at (most recent employer hidden for confidentiality) abu dhabi, UAE - United Arab Emirates, (Home/Mobile)

### **Duties included:**

sheduling fitness assesments

assist clients in setting achivable goals

designe custom training programs tailers to each clients needs

conduct safe and effective one on one personal training sessions

**June 2022 - June 2023 - Fitness Professional** at un1t jummira , dubai, UAE - United Arab Emirates, (Health Club)

### **Duties included:**

- Ensure the studio is set up to accommodate all members that have booked as well as extra spots for walk-ins.
- Run through the class to ensure a thorough understanding of the work out.

- Conduct class in a safe and effective manner.
- Clean up post class and reset for next group.

**May 2016 - February 2022 - Fitness Professional** at trizact holdings, abu dhabi, UAE - United Arab Emirates, (Health Club)

**Duties included:**

Working exclusively for one of Abu Dhabi's most prominent families as their Personal Trainer

- Mandate and Activities included duties to be performed onshore within UAE as our base and overseas when traveling.
- Creating safe and effective training programs
- Diet & lifestyle balance planning
- Regular fitness Assessments
- Sports & alternate recreational activities

**June 2014 - May 2016 - Fitness Professional** at saadiyat beach club, abu dhabi, UAE - United Arab Emirates, (Hotel Fitness Centre)

**Duties included:**

- Gym Membership
- Scheduling and conducting safe and effective personal training sessions.
- Scheduling and conducting monthly assignments to ensure clients stay motivated and on track with their goals.
- Creating and planning quality boot camps
- Scheduling weekly group training classes
- Scheduling member fitness assessment & introduction
- Annual budget forecast and monthly budget reports
- Monthly maintenance reports
- Monthly schedule and attendance reports

**June 2012 - December 2013 - Fitness Professional** at saadiyat beach club, abu dhabi, UAE - United Arab Emirates, (5 Star Hotel Spa)

**Duties included:**

- Conducting fitness assessment and introduction of new members
- Conducting safe and effective personal training sessions
- Monthly assessments and programs review to ensure clients' stay motivated.
- Daily opening and closing procedures to ensure equipment is clean and safe to use.
- weekly maintenance checklist and reports
- Conducting group training classes
- Making sure the gym floor is kept neat and tidy and that all

weights are packed away correctly.

## **Education and Qualifications:**

### **2019 Exercise teachers academy**

diploma in sports conditioning

- - Exercise physiology
- - Fitness testing
- - Program design
- - Anatomy and Biomechanics
- - Nutrition
- - Facility management
- - Hygiene and safety
- - JANUARY Special needs training adaptation
- - Pilates level 1 mat work
- - Business management

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- - Nutrition
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- - Hygiene and safety
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- - Pilates level 1 mat work
- - Business management

with a Certification in personal training and diploma in sports conditioning

## **Hobbies and Interests**

kite surfing

boxing

jujitsu

surfing

CV created at [www.spastaff.com](http://www.spastaff.com)