

Curriculum Vitae

Male

D.O.B. 30 June 1999

Number of years working in industry: 8 years 1 month

Candidate ID Number: 186947

Nationality: Indian

Language Skills:

Fluent: English, Malayalam

Good: Hindi, Tamil

Permitted to work in: India

Position Sought: Fitness Professional

Personal Statement

Seeking work in international locations

Employment History:

January 2018 - Present - Fitness Professional at (most recent employer hidden for confidentiality) KERALA, India, (Hotel Fitness Centre)

Duties included:

- Assisted clients with workout routines and proper exercise techniques to ensure safety and effectiveness.
- Conducted basic fitness assessments and helped create personalized workout plans
- Helped clients follow their workout routines and offered modifications based on individual fitness levels and goals.
- Offered basic dietary advice to complement clients' fitness goals and encourage healthy lifestyle changes.

Products worked with:

- Personal Training
- Group Training
- Nutritionist
- Fitness Training

Education and Qualifications:

2025 TAMIL NADU AND PUNJAB

BOTH DEGREE LEVEL AND DIPLOMA

- BUSINESS MANAGEMENT
- FITNESS TRAINING

2025 Annamalai University

- MBA

Product Training:

March
2024

LEVEL 4 CERTIFIED FITNESS TRAINER

- MI FI Academy

Completed a comprehensive fitness training certification program covering anatomy, physiology, exercise science, program design, and client assessment. The training included both theoretical knowledge and practical application in areas such as strength training, cardiovascular conditioning, flexibility, and injury prevention. Also received instruction in nutrition basics, client motivation, and safety protocols. Final certification required passing a written exam and demonstrating practical skills.

CV created at www.spastaff.com

