

# Curriculum Vitae

**Male**

**D.O.B. 05 July 1996**

**Number of years working in industry: 6 years 1 month**

**Candidate ID Number:** 194404

**Nationality:** Algerian

**Language Skills:**

Fluent: Arabic

Good: English, Spanish, French

**Permitted to work in:** Qatar, Algeria

**Position Sought:** Fitness Professional

## Personal Statement

I look forward to developing in many areas of my life.

Seeking work in international locations and cruise ships

## Employment History:

**December 2024 - Present - Fitness Professional** at (most recent employer hidden for confidentiality) Doha, Qatar, (Health Club)

### Duties included:

Fostered positive connections with participants by engaging during group kickboxing sessions.

Assessed individual abilities, needs, and physical conditions to create tailored training programs that address specific requirements.

Tracked participants' progress and adjusted programs as necessary.

Offered guidance, motivation, and fitness instruction.

Dedicated to maintaining a healthy lifestyle through clean eating and daily workouts.

Assisted individuals in reaching their fitness objectives.

Managed the program production process, including scheduling and venue selection.

### Products worked with:

n/a

**February 2022 - August 2025 - Fitness Professional** at Viking gym, Doha, Qatar, (Hotel Fitness Centre)

### Duties included:

Observe participants and inform them of corrective measures necessary for skill improvement.

Instruct participants in maintaining exertion levels to maximize benefits from exercise routines.

Evaluate individuals' abilities, needs, and physical conditions, and develop suitable training programs to meet any special requirements.

Monitor participants' progress and adapt programs as needed.

Explain and enforce safety rules and regulations governing sports, recreational activities, and the use of exercise equipment.

Geared more towards women who were looking for a different form of cardio.

Along with teaching 3 classes a week for cardio-based kickboxing

#### **Products worked with:**

n/a

#### **Career Break - Traveling**

**February 2019 - March 2021 - Fitness Professional** at The hangar gym, Algiers , Algeria, (Hotel Fitness Centre)

#### **Duties included:**

Organized fitness cross country hikes, trail hikes, and climbs Motivated all clients to reach their personal goals Taught clients how to modify exercises appropriately to avoid injury.

Assisted older adults with weight training programs by setting up equipment and providing detailed instructions.

Guided clients in safe exercise, taking into account individualized physical limitations.

Encouraged clients to engage in group fitness classes and other activities at the gym to meet fitness goals.

Carefully evaluated clients needs and assisted them in achieving personal fitness goals.

#### **Products worked with:**

n/a

#### **Career Break - Covid 19**

#### **Education and Qualifications:**

##### **2023 Ministry of Youth and Sports**

Degree

Sports science

##### **2020 Algerian fondation of tranning**

Certificate

Sports science

##### **2024 University of bouira**

#### **Product Training:**

##### **February 2023 First class kickboxing and muaythai coach deploma**

Algerian Ministry of Youth and Sports

##### **July 2020 Fitness and kickboxing coach deploma**

Algerian fondation of tranning

#### **Vocational Qualifications**

First aid

#### **Hobbies and Interests**

Reading . Martial arts . Traveling

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