

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

