

Curriculum Vitae

Male

D.O.B. 24 September 1996

Number of years working in industry: 4 years 10 months

Candidate ID Number: 194767

Nationality: Algerian

Language Skills:

Fluent: English, French, Arabic

Basic: Spanish

Permitted to work in: Luxembourg, Algeria

Position Sought: Fitness Professional, Yoga / Pilates Teacher

Personal Statement

I am a dedicated and highly motivated fitness professional with a passion for helping people achieve their health and performance goals. My current focus is on expanding my expertise as a fitness trainer and Pilates instructor, while continuing to inspire others to build stronger, healthier, and more confident lives.

Seeking work in international locations and cruise ships

Employment History:

April 2021 - Present - Fitness Professional at (most recent employer hidden for confidentiality) Blida, Algeria, (Health Club)

Duties included:

- Delivering high-quality fitness training sessions (one-to-one and group) tailored to clients' goals, including strength, conditioning, Pilates, and corrective exercises.
- Designing safe, effective, and progressive workout programs for clients of all fitness levels.
- Providing ongoing motivation, support, and professional advice on fitness, nutrition, and lifestyle.
- Ensuring client safety through correct technique, injury prevention strategies, and regular progress assessments.
- Maintaining a clean, organized, and professional training environment.

Additional Responsibilities:

- Managing class schedules, client bookings, and rota planning to ensure smooth operations.
- Supporting with membership retention by creating engaging programs and building strong client relationships.
- Assisting with stock checks for fitness equipment and reporting maintenance needs.
- Contributing to team development, mentoring junior trainers, and sharing best practices.
- Participating in promotional activities such as open days, workshops, and community fitness events.

Products worked with:

n/a

Education and Qualifications:

2021 National Higher Institute of Training in Sport Science and Technology

Diploma , and 1 st international degree

Further Education and Industry Qualifications

- Sports Science and Physical Education - In-depth training in anatomy, physiology, biomechanics, and exercise prescription.
- Certified Fitness Trainer - Accredited certification covering personal training, strength and conditioning, and nutrition guidance.
- Pilates Instructor Certification - Comprehensive training in mat and equipment-based Pilates, with emphasis on posture, mobility, and core stability.
- First Aid & CPR Certification - Ensuring safe practice in all training environments.
- Group Fitness Instruction - Certified in delivering safe and engaging group classes tailored to different fitness levels.
- Specialist Workshops - Ongoing professional development through workshops in injury prevention, flexibility training, functional movement, and rehabilitation exercises.

2021 National Higher Institute of Training in Sport Science and Technology

Sports and physical activities instructor license

Product Training:

November 2021 Sport and physical activity educator

National Higher Institute of Training in Sport Science and Technology

Abdellah radjel - Ain benian - Algiers - Algeria

Vocational Qualifications

- First Aid & CPR Certification " Skilled in handling emergencies and ensuring client safety.
- Basic IT & Administration Skills " Confident in using Microsoft Office (Word, Excel, PowerPoint), email systems, and scheduling software.
- Languages " [Insert languages you speak, e.g. English, French, Arabic] with strong communication across diverse groups.
- Driving Licence " Full, clean licence (if applicable).
- Event Organization " Experience in planning and supporting sports events and community activities.

Hobbies and Interests

- Martial Arts & Judo " Passionate about discipline, focus, and continuous self-improvement.
- Strength Training & Cross-Training " Always exploring new fitness methods to enhance performance.
- Yoga & Mindfulness " Supporting balance, flexibility, and mental wellbeing.
- Outdoor Activities " Enjoy hiking, cycling, and running, which keep me active and connected to nature.
- Reading & Personal Development " Interested in sports science, nutrition, and motivational literature to stay up to date and inspired.
- Community Fitness Events " Volunteering and participating in local health and wellness activities.

CV created at www.spastaff.com