

Curriculum Vitae

Male

D.O.B. 09 September 1990

Number of years working in industry: 10 years 5 months

Candidate ID Number: 39937

Nationality: British

Language Skills:

Fluent: English

Basic: Gujarati

Permitted to work in: UK - United Kingdom

Position Sought: Fitness Professional

Personal Statement

I have an unrelenting belief in myself and the ability to motivate other people when it comes to fitness. I want the chance to work with and learn from as many different types of people as possible.

For me, life is getting up an hour early to live an hour more.

Seeking work in national and international locations and cruise ships

Employment History:

September 2015 - Present - Personal Trainer at (most recent employer hidden for confidentiality) UK, UK - United Kingdom, (Home/Mobile)

Duties included:

- One on one consultation to understand the client's goals and screen the client for any injuries or health issues
- Preparing training programs to suit the client's needs
- Advising the client on nutritional information that would be helpful
- Motivating the client to achieve their goals
- Helping the client understand the different training programs that I use
- Helping the client correct poor form to prevent injury
- During the summer I conducted outdoor boot camp every Sunday morning and afternoon, based around high intensity interval training (HIIT)

Products worked with:

- Barbells
- Dumbbells
- Battleropes
- Medicine ball
- Abs roller
- Pull up bar
- Dip Bar
- Jump rope

Education and Qualifications:

2016 Premier Global Training

Qualified

2016 Level 3 REP's Personal Trainer (Premier Global Training)

2016 Level 2 Kettlebell training (Premier Global Training)

2016 Qualified first aider (Premier Global Training)

2013 Demontfort University

2:1 Degree in International relations and Politics

2009 Park High Sixth form

A-C grades:

Bussiness stuides

English Literature

Psychology

History

Vocational Qualifications

Very compentent using Microsoft office

Hobbies and Interests

Sports: My passion in life is sports, I have been a member of Football, Tennis, Golf, Cricket, Swimming, Karate and American football clubs as well as being a member of my schools athletics team. Challenging my body and mental toughness is something I enjoy and intended to continue doing. I also help coach a under 8's football team/ cricket team.

Reading: Spy novels are thrilling and allow me unwind, most recently I have read books by Robert Ludlum and Andy McNab.

Travelling: My most recent adventure was my yearlong trip in Australia. Understanding the culture, the different people and the Australian way of life. I have also spent 6 weeks in Dar Es Salam, Tanzania working for my uncle on a coffee farm.

CV created at www.spastaff.com

