

# Ahmed Aboelkhair Bashar

Fitness Trainer

## Career Objective:

Developing and maintaining the right type of fitness level requires a holistic approach and knowledge of fitness science. I want to use this technique and knowledge as a fitness coach for your fitness club and help clients in person or in a group to gain fitness and health

Home Cairo, Egypt

Phone +20 1114805345

Email ahmedbashar655@gmail.com

Birthday 06-12-1995

## Personal Summary

A highly competent and enthusiastic personal trainer with a proven ability to help people achieve their fitness goals. Possessing a successful track record of evaluating a client's physical fitness, understanding their needs and then developing a practical and achievable workout routine for them to reach their targets. Possessing the necessary communication skills required to gain the trust of clients and thereby retain their business. Now looking to further an already successful career by working for an ambitious and exciting fitness centre.

## Areas of Expertise

- Fitness consultant
- Bodybuilding
- Power lifting
- Lifestyle assessments
- Strength training
- Nutrition
- Gym Membership Sales

## Personal Skills

- Easy-going & Punctual
- Quick learner, Hardworking & reliable.
- Initiative & self motivated.
- Excellent communicator

## Key Skills & Competencies

- Ability to successfully motivate and encourage individuals.
- Excellent knowledge of gym specialist training equipment like treadmills etc. Experience training various people from all kinds of backgrounds.
- Able to approach potential customers to promote a gym or fitness product. Experience of working in fitness centres, health clubs and hotel leisure centres. Achieved all goals set with clients, sales targets, member retention.
- Focused on maintaining personal training certification through continuing education.

## Languages

Arabic ●●●●●●●●●●  
Native

English ●●●●●●●●●●

French ●●●●●●●●●●

## Recreation



## References

( Available on request.)

## Academic Qualifications

- **Certified Fitness Trainer (Basic course for trainers) From General Syndicate for Sports Academy with Overall Grade: Good. 2021**
- **Certified Fitness Trainer- NBF Accredited FACTS Acadmy 2019**
- **Technolgy Science Bachelor Works university 2016**
- **Technical Diploma In Computers Technical Secondary School 2014**

## Professional Experience Summary

**X Gym – Cairo 2016 - 2018**

**Position: Fitness Trainer**

- Performed fitness assessments, and provided consultations to clients
- Demonstrated aerobics and weight exercises to clients
- Instructed clients on how to use equipment safely and effectively
- Supervised clients closely and ensured they do not commit mistakes while exercising
- Created personalized exercise and diet programs for clients based on their height, weight, age, and lifestyle
- Educated clients on healthy eating habits and active lifestyle
- Assisted clients in losing and gaining weight through systematic exercise and diet plan

**Diesel Gym – Cairo 2018 - 2019**

**Position: Fitness Trainer**

- Evaluating clients' physical conditions and planning exercise routines to match their body
- Demonstrating how to use gym equipment for weight-training to club members
- Working one-on-one basis and in group with members and teaching them aerobics
- Ensuring no member use the equipment unless performing warm up routines
- Maintaining attendance register, reminding about and collecting monthly fees
- Preparing exercise routine and diet programs for gaining weight, and losing weight
- Motivating members to push their limit and develop health habits

**Power House Gym – Cairo 2019 - Present**

**Position: Fitness Trainer**

- Working closely with clients to develop personalised health and fitness plans for them. Responsible for providing advice on nutrition as well as encouraging clients, giving them feedback and keeping track of their development.
- Providing one to one guidance to clients to help them achieve their fitness goals. Selecting the correct set of exercises for a client to achieve maximum results.
- Devising fitness programmes for weight loss, muscular gain and rehabilitation etc. Conducting fitness and exercise classes and demonstrating equipment.
- Responsible for initial contact with new members and promoting membership sales Measuring and assessing blood pressure, heart recovery rate, body fat ratio.
- Welcoming new gym members and giving general inductions to them.
- Designing and advising on dietary programmes.
- Responsible for marketing the gym at charity events, press releases etc. Providing personal training sessions to private clients at their home or work. Maintaining gym equipment and ensuring it is safe to use.
- Tracking a client's progress and accurately updating their record.
- Explaining to clients the results they can expect from particular exercise regimes.