



Ahmed Hussein Abotaleb

EXPERIENCE

14 years

exp.

- Gold's Gym Egypt 2008 to 2011 as personal trainer
- Fibers health club Egypt 2011 to 2014 as supervisor.
- Fibers club First Mall Egypt 2014 to 2015 Fitness Manager.
- Gold's gym Deer.f Abu Dhabi 2015 to 2017 as personal trainer.
- Gold's gym maadi egypt 2018 to 2019 as personal trainer.
- Fitness manager at Fibers club first mall egypt (present)

CERTIFICATIONS

- Nutrition master food science department from cairo university 2021

Skills:

- A -level 4 qualification-trainer from abu Dhabi
- certified nutritionist.
- management and leadership skills.
- ability to treat all injuries (spine, hips, neck, deltoid, knee... injuries).

contact



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- Certified fitness trainer (CFT) from the international Sciences Association.

- Issa specialist in fitness nutrition.

- Sports conditioning (SSC) from the international Sciences Association.

- Personal trainer from Egypt gold's academy.

- CPR & AED – PROF. RESCUER from American red cross

. I have many workshops Certification of Completion in (Core Strength – youth training pregnant).

- Certificate issued by the European Resuscitation Council. (BLS / AED PROVIDER COURSE).

- Dale Carnegie Seminar in Effective Communication & Human Relation.

- Training program for Qualification to work in health club.

- Certificate in Sports Injuries.

- The goal-Setting and Periodization for Personal Trainers from AFAA CEU's.

- The Biomechanics of Exercise: Muscles in Action from AFAA CEU'.

EDUCATION

Faculty of physical education helwan
university

(2004:2008)

LANGUAGE

Arabic : mother tongue

English: very good





