



# WALID ELSEGANY

## PERSONAL & FITNESS TRAINER

 welsegany@gmail.com

 01015525949

### RELEVANT SKILLS

- Self Motivated & willing to Learn
- Ambition, with good communication skills with different types of people
- Sociable, faithful, responsible, hard worker
- Able to accept risk and responsibility
- Motivated and creative with ability work efficiency

### PROFILE

**I am a Personal Trainer with 10 years of health and wellness experience**

**Communicated with clients to determine their Fitness Vision & Goals**

**Monitor Participants to ensure safety and well being**

### WORK EXPERIENCE


**Personal Trainer at SMART GYM. 2012 : 2013**

**Personal Trainer at GOLD'S GYM. 2013 : 2015**

**Senior Trainer at BALANCE GYM. 2015 : 2021**

**Senior Trainer at X-Sport GYM. 2021**

### EDUCATION HISTORY

 **Faculty of physical Education For men.**  
Helwan University.

### CERTIFICATIONS



**(PT) Certificate, GOLD'S GYM.**

**(CFT) Certified Fitness Trainer, GOLD'S GYM**

**(CPR) Cardio Pulmonary Resuscitation, GOLD'S GYM.**

**First Aid certificate, GOLD'S GYM**

**TRX ( STC ) Suspension Training Course  
Preparing (ACE) certification**