**FITNESS INSTRUCTOR**

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**OGUNGBEMI**

**OGUNGBEMI.331329@2freemail.com**

**OBJECTIVE**

* To obtain a fitness position in your esteemed organization so as to use Impact certification, communication skills, passion for exercise and desire to help people meet their fitness goals, and to contribute enthusiasm and passion for fitness.

**DUTIES AND RESPONSIBILITIES**

* Assess and evaluate individuals and their health.
* Design fitness programs suitable to individual needs.
* Advice, instruct and educate on diet regimen.
* Initiate fitness training techniques to address various health problems.
* Instruct members on the correct use of fitness equipment.
* Read and interpret operating & maintenance instructions, procedure manuals and safety rules.
* Train members personally and conduct group training classes.
* Maintain safe health practices within the club.
* Assist and support members on the fitness floor.
* Help maintain cleanliness of the club.

**ACCOMPLISHMENTS**

* Trained a group of elderly members in physical training activities by devising a plan suitable to age and individual capability
* Promoted from assistant trainer to fitness trainer in seven months following excellence in fitness program development and physical dexterity

**PROFESSIONAL EXPERIENCE**

**Fitness Trainer | Millennium Hotel – Lagos Nigeria, 2009 –2012**

* Planned exercise routines based on each member’s individual goals
* Assisted members with routines and the use of equipment
* Observed patients for fatigue or the need for changing exercise plans
* Taught appropriate breathing techniques
* Conducted therapeutic and athletic activities
* Maintained and serviced gym equipment
* Followed up on members’ progress
* Provide members with information regarding nutrition and diet plans

**CORE COMPETENCIES**

* Vast experience with managing pain
* Familiarity with basic human anatomy and physiology
* Wide knowledge of posture, core stabilization and exercise fundamentals
* Extensive knowledge of human behavior and performance
* Exceptional ability to implement structured program
* SSCE
* Lagos State University.

**PERSONAL PROFILE**

* Date Of Birth 06/02/1989
* Gender Male
* Nationality Nigeria
* Religion Christian
* Language English/Yoruba/Pigin
* Marital Status Married
* Visa Status Residence

**SUMMARY OF QUALIFICATIONS**

* **Impact British Training Solution license** ( Dubai, UAE)

Level 2 certified fitness instructor.

* **Lasu Konsult** (Lagos Nigeria)

 Fitness,Health and Safety Management (2010)

* **Beach Rotana Hotel, Abu Dhabi UAE**,Trained as a Fitness Instructor

(March 2016– May 2016 still refreshing

* **Millennium Hotel** worked as Fitness Instructor Lagos, Nigeria (2009-2013).
* **Trained First Aider** at Beach Rotana Hotel (Abu Dhabi, UAE.)

**ATTRIBUTES**

* Positive attitude.
* Highly motivated and can work rather independently.
* Reliable, responsible and dedicated.
* Neat appearance.
* Personable and approachable.
* Maintains a high level of professional appearance and ethnics
* Ability to work as a team.