**​RESUME**

**RAJU**

​**Email:** **​**raju.381252@2freemail.com

**CAREER OBJECTIVE : ​ FITNESS SPECIALIST**

Possesses wide-ranging, active, professional training experience in health and wellness programs with enthusiasm and commitment to achieve results

Certification

**:IMPACT BRITISH TRAINING SOLUTIONS CYQ LEVEL 2 GYM INSTRUCTOR**

**:BOOT CAMP CERTIFICATION LEVEL 1 & 2 with (Sgt ken USA) :EBBF (emirates bodybuilding federation ) certification :FITNESS MIDDLE EAST (FITME) CONVENTION 2016**

* **Neurokinetic Therapy® to Influence Screening and Movement Outcomes (by Keith Littlewood)**

**:Excelling at Group Personal Training (by Rick Richey)**

**:Circuit Training Master Class: Operation Peak Performance (by Sgt. Ken®)**

**:Fitness Fables, Fantasy, and Folklore and the Scientific Rationale to Overcome Them (by Rick Richey)**

**FAFT ACADEMY​**(Fundamentals Academy Of Fitness Training)​AHEMDABAD

GUJRATH

SKILLS

**Floor incharge . p.t correction**

**personal training . weightloss**

**Group classes. Basic sports massage**

**Core training .stretching exercises**

**Bodytoning . abs . Floor maintenance**

**Level 2 &3 Advanced Instructor**

**Basic Diet and nutrition**

**personal attributes.interpersonal skills.industry knowledge**

Knowledge of anatomy & physiology.designing exercise programs.demonstrating exercises

Exercise physiology. operating and maintaning exersise equipment. personal training and sefety techniques. counseling with clients .customer service .punctual.time management .observational. patience.motivational.multi tasking.high energy.ongoing learning.passion for fitness

**EXPERIENCE**

\* pracently working as a personal trainer in (**BODY**​ **SMART** **GYM.DUBAI​**)from 2014

* working as a primeium personal trainer in **TALWALKARS**​ **​(** **HYDERABAD. INDIA )​**from june 2011 to dec 2014
* Worked as a personal trainer & floor manager in **PARSANA**​ **HEALTH** **CENTER PVT.LTD ​(AHEMDABAD.GUJRATH.INDIA )​**from January2009 to may 2011
* Worked as a physical trainer in ​**GUTS KING GYM** **(KUKATPALLY.HYDERABAD. INDIA )​**from February 2004 to January2009
* Worked as a gym trainer in ​**CHAMPION GYM (HIMACHAL PRADESH.** **CONGRA.NURPUR. INDIA)​**from July 2003 to February 2004

**STRENGTHS:**

* Self Confidence.
* Regular Systematic Works
* Strong and Personal Skills.

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| **PERSONAL DETAILS:** |  |  |
| Name | : | **RAJU** |
| Gender | : | Male |
| Date of Birth | : |  |  |
| 08​ October 1980 |  |
| Languages Known | : | English,hindi.Tamil,telugu Punjabi |  |
| Martial Status | : | Single |  |

**DECLARATION:**

I assure you that the particulars mentioned above are true to the best of my knowledge.