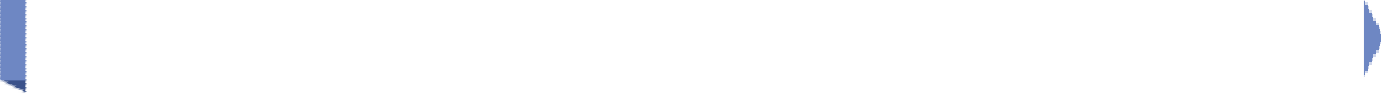
**Ahmed**



[Ahmed.381310@2freemail.com](mailto:Ahmed.381310@2freemail.com)





Objective

Seeking a position at leading company where I can make a positive impact by improving office efficiency, utilizing my exceptional time management skills, and contribute to organization’s long term goals.

Work Experience

**Fitness Yard gym**  **2015 – 2016**

Working as Fitness trainer

1. Increase the fitness level of my customers
2. development of physical fitness, speed, strength and flexibility
3. Improve the efficiency of the heart and internal organs
4. make diet plan for client

Work Experience

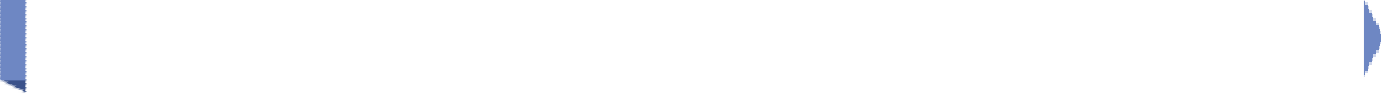
**Snap Fitness gym**  **2016 - 2017**

Working as personal trainer

1.Provide the client to achieve his goal by advising him and following up his Wight

2.transferring the client life style to be more healthy

3. make diet plan for client

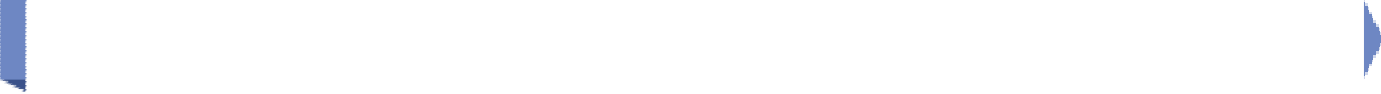


Work Experience

**Spot gym 2017-2018**

* Working as professional trainer

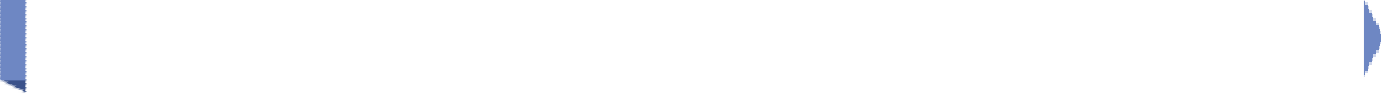
1. Provide the client to achieve his goal by advising him and following up his Wight
2. transferring the client life style to be more healthy
3. make diet plan for client



Education

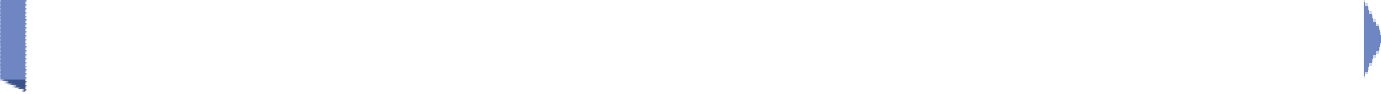
***faculty of physical education zagazig university* 2013 - 2016**

* Specialist in fitness
* studied sports games



Courses

1. Cft (certified fitness trainer) ISSA
2. Pt (personal trainer)
3. Cpr



Skills

Personal skills:

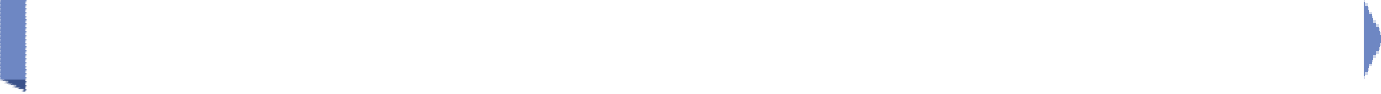
* Professional, patient, cooperative and reliable.
* Analytical and eager to learn.
* Excellent communication skills.
* Able to work under pressure with excellent time management skills.

Languages:

* Arabic as a Native language.
* Good command of written and spoken English.

Computer Skills:

* Excellent command of all Office products.



Personal Information

Date of Birth : 01/10/1994

Marital status : Single Religion : Muslim Nationality: Egyptian

Visa: Visit

Expire Date :22 /7/2018