 **Ahsan**

Email: ahsan.381387@2freemail.com

**CAREER OBJECTIVE**

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A trained and competent Fitness Trainer, having more than 05 years hand-on experience of fitness training, responsible to provide high quality, results focused and professional gym instructing to facilitate people of all ages and varying needs through the delivery of safe and effective appraisals, programs, instruction, education and motivation. To provide excellent customer service in all areas of the gym environment, ensuring the highest possible standard of service. Offer professional high quality fitness advice and instruction.

**PROFESSIONAL EXPERIENCES**

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* Recently working as a ***Fitness Trainer*** in **Life Line Fitness Centre, Abu Dhabi**

 ***From 4th Jan 2016 till now***

**Responsibilities:**

* To build effective rapport and relationships with members in order to achieve their individual goals.
* Carry out gym consultations to the recognized industry standards and design training programs for our members.
* To teach and demonstrate safe and effective exercises.
* Ensure the gym equipment is correctly used.
* To maintain and clean all equipment.
* To understand and give advice on nutrition which can improve lifestyle.
* To actively promote and sell the various memberships available.
* Engage with customers of all ages and abilities through good interaction and encouragement to ensure the on-going use of facilities.
* Responsible for the safety and enjoyment of our customers whilst using the gym facilities.
* To enhance the reputation of services and facilities.
* Maintain and update the membership database system.
* To ensure Safeguarding and Health & Safety procedures are being followed.
* Be motivated and contribute ideas to the team and gym.
* Able to seek solutions and resolve problems, as and when arise
* Worked as a ***Fitness Trainer*** in **Fitness All The Way,Lahore**

 ***From December 2013 to December 2015***

**Responsibilities:**

* Assisting customers for body building and weight loss program.
* Trained a group of elderly members in physical training activities by devising a plan
* Prepare individual program for body capacity of the customers
* Provide members with information regarding nutrition and diet plans
* Motivate the customers with the positive improvement program.
* To ensure the safety of customers and gym equipment.
* Worked as a ***Fitness Trainer*** in **Shoukat Fitness Centre, Lahore**

***From August 2011 to January 2015***

**Responsibilities:**

* Coordinate with members for the membership process.
* Provide the member appropriate training and program to achieve the goals
* Responsible for the smooth and safe operation and customer satisfaction within the gym environment.
* Generate ideas to maximize sales to achieve or exceed sales goals

**ACADEMIC QUALIFICATION**

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* Bachelor in **Commerce** from Punjab University, 2013
* Intermediate, **Commerce**, from BISE Lahore, 2009
* Matriculation, **Science Group**, from BISE Lahore 2007

**CORE COMPETENCIES**

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| --- | --- | --- |
| •  Building muscles | •  Body definition | •  Customer service |
| •  nutrition | •  Clients’ motivation | •  Leadership |
| •  Fitness testing | •  Anatomy/physiology | •  Relationships building |

**STRENGTH**

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* Excellent in Public Relation
* Excellent verbal & written communication skills
* Self-starter, self-motivated with strong professional ethics.
* Result oriented ,responsible & hardworking
* Ready to meet work pressures and deadlines
* Dynamic, enterprising, enthusiastic & well presentable
* Excellent convincing, & interpersonal skills

**PERSONAL PROFILE**

* Nationality Pakistani
* Date of Birth 19-01-1991
* Religion Islam
* Languages known English, Urdu

**References**

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To be provided upon request