* Strong experience of around 5 years in personal training, consulting, delivery results and business development.
* Certified REPS level 3 Personal Trainer.
* Profoundly understand basic human anatomy & passionate about fitness and health.
* Develop, design and help execute personally customized fitness programs that achieve results desirable by clients. Individualized programs that ensure client safety and enhancement of personal fitness goals.

### PROFESSIONAL EXPERIENCE

**Fitness First Middle East**  **Jan** **2013 – Present**

Joined as a Floor assistant – Presently working as a Gold Personal Trainer in the Burjuman Center Dubai. UAE

**Floor Manager– Jun 2011 – Dec 2012**

**Talwarkars Fitness Club**

**Skoda Motors – Jul 2010 – May 2011**

**Team Leader**

**SPECIALITIES**

* Weight & strength training
* Weight loss & weight gain
* Core training
* Aerobics
* Clinical & medical consideration
* Nutrition & weight management
* Emergency & First aid procedure

**Fitness First Gold Personal Trainer – Jan ’13 – till date**

#### **Work Profile:**

* Develop and maintain professionally safe and effective fitness procedures ensure safe training techniques to members.
* Provide a personal and professional service with safe & healthy environment.
* Preparation of training activities & follow ups on members.
* Creating choreography for aerobic, fitness programs, spinning & strength training.
* Look after hygiene, cleanliness & maintenance of all area.
* Nutrition planning for individual client.
* Monitoring participants during the training process.

**Key Achievements:**

* + Within six month awarded by Best Personal Trainer & got promoted.
  + Continuous leading the sales pursuit program.

**Talwarkars Fitness Club – AS Floor Manager Jun’11 – Dec’12**

#### **Work Profile:**

* Review meetings on daily basis.
* Attending VIP clients.
* Monitoring participants during the training process.
* Preparation of training activities.
* Ensuring a professional environment.
* Monitoring team activities.
* Supervise the team.
* Audit of workout program

**Key Achievements:**

* + Successful planning of annual budget help team to achieve.
  + Focused on customer service & safety first, given successful training program.
  + Lead the Pre-sales team for better revenue generation & Business Development.

**Team Leader – Skoda Motors Jul’10 – May’11**

#### **Work Profile:**

* Planning and executing projects.
* Leading and motivating the team, developing their skills and ensuring their career growth.
* Consulting with clients to understand their requirements, operating processes and the desired results to develop project scope and execution strategy.
* Assisting the marketing team during pre-sales with technical expertise.
* Planning & monitoring the project operations.
* Handling ATL & BTL activities.
* Ensured excellent quality of customer service to contribute to the company’s brand image.

**Key Achievements:**

* Lead the Pre-Sales Consulting & Successfully achieved the team targets.

### EDUCATION

Bundelkhand University2011

Master’s in Business Administration

Bundelkhand University 2009

PG Diploma in Business Management

Frankfinn Institute in Aviation 2008

BTEC Diploma in Hospitality and Travel Management by Edexcel, UK

**PROFESSIONAL DEVELOPMENT**

2014 - Certified by USHOMI in Functional Fitness Exercise Boxing

2013 - Certified Personal Trainer by (ACSM) USA.

2013 - Certified Trigger Point Performance Trainer in Myofascial

Compression Techniques, Mirdiff Dubai.

2013 - Qualified by TRX in Suspension Training Course

2013 - Completion of CPR & FIRST-AID under training by Fitness First

Dubai.

2013 - Certified in communication & Human behavior.

2010 – Induction training program

### STRENGTHS

* Honest, Dedicated, Quick Learner, team player & initiator.
* Adaptive, tolerant and flexible to different situations & pressure.
* Sharp in Observing & Learning new skills.
* Result Oriented in Work.
* Enthusiasm in learning up rising Technologies.
* Good Implementation and Communication Skills
* Optimistic thinker, with a practical approach.

**PERSONAL DETAILS**

Date of birth: 23rd Sep 1989

Languages known: English, Hindi

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**Gulfjobseeker.com CV No:** **1483122**