**Curriculum vitae**

**Ashraf**

Email: [ashraf.383064@2freemail.com](mailto:ashraf.383064@2freemail.com)

**Position desired: Gym Trainer / Instructor**

**Personal Profile**

Date of Birth : May 08th 1983

Civil Status : Single

Gender : Male

Visa Status : Visit Visa

Nationality : Kenyan

Religion : Muslim

Language : English, Arabic, Swahili

**Career Objective**

To realize my full potential through securing and retaining a job with a company that will provide challenges, offer learning opportunities, acknowledge and reward my contribution. I enjoy inspiring others to commit to long-term health and fitness goals.

**Summary of Qualifications**

* Completed the Fitness Instructors and coaches certificate course in Kenya Body Builder Association and weight lifting federation
* Excellent Communication Skills and Instructing Abilities
* Self motivational skills with the ability to motivate clients
* Ethical and able to keep confidentiality

**Work Experience**

**Master Fitness, Nairobi, Kenya Jan 2015 – Dec 2017**

**Position: Fitness Instructor**

**Duties and Responsibilities:**

* Monitoring and instructing members on a daily basis
* Marketing the Gym services to ensure Customer enrollment and retention
* Watch clients do exercises and show or tell them correct techniques to minimize injury and improve fitness
* Give alternative exercises during workouts or classes for different levels of fitness and skill
* Monitor clients’ progress and adapt programs as needed
* Explain and enforce safety rules and regulations on sports, recreational activities, and the use of exercise equipment
* Give clients information or resources about nutrition, weight control, and lifestyle issues

**Dukran Fitness Club, Doha, Qatar May 2011 – Nov 2014**

**Position: Gym Instructor**

**Duties and Responsibilities:**

* Great and hardworking professional laying out plans as per the clients’ requirement
* Prepare exercises plan for clients.
* Assist clients/customer in doing exercises using gym equipments.
* Give further instruction to clients on their physical exercise and how to maintain it.
* Promote and give wellness advices
* Give diet plans
* Maintain and secure the functions of gym equipments to avoid accidents.
* Maintain safety in the gym

**EDUCATIONAL QUALIFICATIONS**

* Completed Secondary School

**Achievements**

* Appreciated by Management for Well Organized Fitness Work
* Received Good Feedback from customers for Gym Instruction

**Skills and Competencies**

* Basic knowledge in human anatomy, most especially in muscular system
* Knowledge in using light and heavy gym equipments
* Amazing ability to walk, sit and stand for long times without getting tired.
* Superb interpersonal skills and exceptional ability to for greater customer satisfaction
* Excellent communication skills
* Open-mindedness and flexibility
* Ability to cooperate, communicate and manage conflict situations
* Self assurance and ability to work in a structured way

**References**

Can be provided upon request

**Declaration**

I declare that the information provided above is true and correct to the best of my knowledge.

Ashraf