



Passionate Personal Fitness Trainer successful at making workouts fun and rewarding. Expertise in instructing clients on proper lifting techniques and educating clients on nutrition and hydration needs. Experience providing instruction for one-on-one sessions, buddy sessions and group training classes. Results-oriented and adaptable with passion

for designing training and nutrition plans to maximize performance, improve endurance and increase overall wellbeing.

Education

2021-12 - 2022-04	Diploma in Personal Fitness Training <i>K11 School of Fitness Sciences - Delhi</i>
----------------------	--

Work History

2016-01 - Current	Personal Fitness Trainer <i>freelance, Kerala</i> <ul style="list-style-type: none">Devised <u>personalized programs</u> and nutritional plan for clients to achieve optimal results.Increased <u>membership renewals</u> and client purchases by reinforcing fitness goals.Kept <u>detailed records</u> of personal training procedures and client progress after each session.Worked with clients to improve overall endurance, strength, flexibility and balance.Supplied clients with <u>dietary restrictions</u> and guidelines.Provided exceptional customer service to obtain new clients through <u>referrals</u>.Taught clients how to <u>properly operate</u> exercise equipment.
----------------------	---

Shihad Shaky Hassan K

Personal Fitness Trainer

Contact

Address Thrissur, India 680005
Phone 9946345123
E-mail shihadshakyh@gmail.com

Skills

Fitness instruction	<div></div> Excellent
Exercise program design	<div></div> Excellent
Personal training and coaching	<div></div> Excellent
Knowledge of human anatomy	<div></div> Very Good
Group and individual instruction	<div></div> Excellent
Passion for fitness	<div></div> Excellent

- Designed and executed individual and small group exercise fitness programs and regimens.

Certifications

- CPT - Certified Personal Trainer – (REPS Category A - Personal Trainer)
- Certificate of K11 Diploma in Personal Training.
- Certificate from Accrediting Body – PD: Approval, UK
- NSQF Level 4 (Fitness Trainer) Certificate from SPEFL-SC

Interests

- Martial Arts
- Reading
- Travel

Activity Planning



Excellent

First Aid and CPR



Very Good

Motivational



Excellent

Decision Making



Excellent

Languages

English



Very Good

Malayalam



Excellent

Hindi



Good

Tamil



Good