

# MUHAMMAD SHAFQAAT

Email: booltv2017@gmail.com

Ph No: +92 331 7091 048



## **OBJECTIVE**

An energetic professional with expertise in fitness training, seeking a position of gym instructor

## **SKILLS**

Wide knowledge of different physical process of fitness.  
Able to recommend diet food according to age and physical structure.  
Strong leadership skills.  
Ability to manage large team members.  
Ability to understand trainee's needs according to physical structure.  
Excellent motivational skills.  
Knowledge of first aid medication.  
Aware of basic nutrition.  
Strong knowledge of gym equipment and its operations.  
Ability to give personnel training.

## **PROFESSIONAL EXPERIENCE**

Worked as Gym instructor in Cuts & Curve Gym since Dec 2016 to June 2017  
Working as Gym instructor in Cross Fit Gym and Fitness Center centre since June 2017-till date

## **RESPONSIBILITIES**

Responsible to maintain customer's diet.  
To give necessary recommendations regarding body fitness.  
Train the junior instructors.  
Regularly check the status of gym machineries and equipments.  
Observe the activities of trainees and recommend accordingly.  
Give proper instructions regarding usage of gym tools and equipments.  
Perform first aid medication during any mishap in the fitness class.  
Schedule timings for trainees.  
Ensure that gym area is clean and hygiene.  
Ensure that people feel safe to perform exercise.  
To ask suggestions and feedback from people for improvement of gym area.

## **PERSONAL TRAITS**

Energetic.  
Strong stamina.  
Good at problem solving.  
Willing to learn more things.  
Strong and flexible.  
Able to handle any kind of havoc situations.  
Able to motivate others.

## **ACHIEVEMENTS/ MEMBERSHIP**

Received good feedback from people for gym instruction.  
Appreciated for well organized fitness work  
Member of PPA (Pakistan Physio Association)  
Member of PPARC (Pakistan Physio and Rehap Center )  
Course of Key Muscles and Assessment Of Spine  
Course of Innovative pain management

## **CERTIFICATION**

IFPA Certified fitness trainer (International Fitness Professional Association)  
PSB PSCA Level II (Pakistan Strength and Conditioning Association)  
PSB PSCA Elite Rehab Level I (Pakistan Strength and Conditioning Association)

## **PPA CERTIFICATION**

Certification of Participation in KINESIOLOGY Taping  
Basic Life Support Certification  
Certificate of Participation dry needling

## **ACADEMIC QUALIFICATION**

Secondary School Certification  
Higher Secondary School Certification

## **COMPUTER SKILLS**

Basics (MS-Word, MS-PowerPoint, MS-Excel) Internet Concepts, Ms-Access.

## **PERSONAL DETAILS**

Date of birth:	06 – 10 – 1987
Marital Status:	Married
Religion:	Islam
Languages known:	Urdu , Punjabi ,English
Address:	7 <sup>th</sup> Mile Shershah Road P/O Ismailabad Multan , Punjab , Pakistan