

FITNESS TRAINER

Shoaib-ur- Rehman

923004708898
fitnessfreak8898@gmail.com

Nationality: Pakistani
Date of birth: February 10, 1998

Personal statement

Hi

Im certified level 2 personal & fitness trainer in Pakistan.

Dedicated fitness professional with a passion for improving client health wellness and quality of life. ... Deliver fitness weight loss

and nutrition programs for youth teens adults and senior citizens that are fun safe and extremely effective and tailored to individual goals.

To make a significant and positive contribution towards profitable growth and development of a dynamic and reputable organization that offers learning opportunities in a competitive environment

But I need to move abroad for catching more qualifications & fitness freak clients for more transformation & make them their life very fluent or comfortable.

Employment history

Fitness trainer

Structure health & fitness - Lahore Pakistan
March 2018 - January 2021 (2 years)

Personal trainer

Shapes health studio 3years structure health and fitness 3years - Pakistan Lahore
September 2016 - December 2019 (3 years)

Education

Bs.psychology

Punjab university private - Lahore Punjab
Major:
September 2018 - Present

Intermediate

Gc of sciences - Lahore Punjab
Major:
March 2012 - March 2014

Matriculation

Unique high school - Lahore Pakistan
Major:
March 2009 - April 2011

Skills

- CrossFit TRX training AerobicsStrength training Muscle Gaining (5 years)

Additional information

Languages

English Urdu (conversational)

Interests

Sports activity
Reading books
Travelling

Volunteering

Pakistan hockey team as a assistant fitness trainer

January 2021 - Present

Squash national players assistant fit trainer

January 2021 - Present

Awards and Certifications

Certification - PSCA level-II

January 2020 - Doesn't expire

Certification - PSCA level-1

December 2019 - Doesn't expire

Certification - Personal trainer level-1

January 2018 - Doesn't expire