

MUHAMMAD USMAN QAYYUM

Address: Kashmir Colony #1, Chanda Qila, Gujranwala 52302, Pakistan

Email: musmanmughal009@gmail.com

Cell: +92-300-7491087



PROFESSIONAL EXPERIENCE

I have work experience in the following fields;



❖ CITI FITNESS CENTER

Currently, I am working as **Floor Manager** at Citi Fitness Center Citi Housing Gujranwala from April 01, 2018 to Continue.

3 Years Working Experience as **Senior Fitness Trainer** at Citi Fitness Center Citi Housing Gujranwala.

Responsibilities:

- Identify the clients' fitness level and health.
- Oversee completion of exercise routines.
- Track clients' physical progress.
- Modify exercise plans based on needs, potential injuries or health issues.
- Conduct individual and group fitness training sessions.
- Adopt a holistic training approach (e.g. cardiovascular exercise, strength).
- Oversee the use of fitness equipment to ensure clients exercise properly and safely.
- Recruiting, training and supervising staff.
- Maintaining fitness equipment.
- Maintaining customer service standards.
- Undertaking administrative tasks.
- Assist in developing and maintaining workout programs.
- Ensure gym facility is maintained clean, safe and orderly.
- Ensure that gym equipment are kept in good working condition.
- Monitor the initial workouts of new customers and provide feedback.
- Supervise day-to-day operations of the gym and personal training sessions.
- Resolve issues and complaints pertaining to personal training from customers.
- Implement customer suggestions and recommendations to optimize training program.
- Maintain all paperwork regarding personal training schedules and procedures.
- Ensure that the customers are given high quality services and assistance when needed.



❖ SHAPES HEALTH STUDIO

3 Years Working Experience as **Fitness Trainer** at Shapes Health Studio Wapada Town, Gujranwala, from January 2012 to February 2015.

Responsibilities :

- Identify the clients' fitness level and health.
- Oversee completion of exercise routines.
- Track clients' physical progress.
- Modify exercise plans based on needs, potential injuries or health issues.
- Conduct individual and group fitness training sessions.
- Adopt a holistic training approach (e.g. cardiovascular exercise, strength).
- Oversee the use of fitness equipment to ensure clients exercise properly and safely.

EDUCATION PROFILE

<u>Year</u>	<u>Degree</u>	<u>Institute</u>
2021	Physical Fitness Level-II	Pakistan Strength & Conditioning Association
2020	MA (Physical Education)	University of Sargodha
2018	Bachelor of Art	Allama Iqbal Open University
2009	Intermediate	BISE Gujranwala
2007	Matriculation (Science)	BISE Gujranwala

COMPUTER SKILLS

- **Office Management** (Excel, Power point, Word, Programming Languages)
- **Internet Browsing** (Mailing , Windows and Software Installation)

Communication Skills:

I have good communication skills. I have proficiency on listening, reading, writing and speaking over the following languages;

- Urdu -Fluent
- English- Fluent
- Punjabi- Fluent

PERSONAL INFORMATION

Name: Muhammad Usman Qayyum
Father's Name: Abdul Qayyum
D.O.B 03-10-1990
Sex: Male
NIC No: 34101-9566860-1
Marital Status Married
Domicile: Gujranwala
Nationality: Pakistan

OBJECTIVE

My Objective is to be the part of such an organization where I can utilize my capabilities to enhance the progress of that organization and to prove myself as the best person who can be suited for that type of environment.