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🏠 Rawat, Islamabad
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Muhammad Agib Rafique (Personal Trainer)

Energetic Personal Fitness Trainer with sound knowledge of human anatomy and physiology. Over Number years of experience serving location area. Strong background in personalized one-on-one and group training.

PERSONAL DATA

- **Nationality** : Pakistani
- **Date of Birth** : 12-02-1998
- **Gender** : Male
- **Martial Status** : Married
- **Religion** : Islam

SKILLS & ABILITIES

- Personal Training and coaching.
- Fitness instruction.
- Health and wellness.
- Power camp and HIIT classes in Bootcamp.
- Strong understanding of macronutrients and micronutrients
- Work effectively within a team setting.

WORK EXPERIENCE

➤ **Personal Trainer**

Jacaranda Family Club, Islamabad, DHA 2

- Designed specific workout systems for individual clients based on performance ability.
- Developed, planned and lead personal and group fitness sessions as well as well-known special fitness programs.
- Trained clients during strength training, cardiovascular exercise and stretching.
- Met health education and wellness objectives with implementation of new training programs.

- Recruited new participants each month with expertise in relationship-building and personal training.

[11-2018 - Current]

➤ **Senior Cashier**

Amir Adnan, Islamabad, WTC, DHA 2

- Helped customers complete purchases, locate items and join reward programs.

[10-2017 - 07-2018]

EDUCATION

Bachelor Of Arts | Education & Political Science | 2017 - 2019

University of Punjab, Rawalpindi

FSC | Computer Science | 03-2013 – 03-2014

FBISE-Islamabad

Matric | Science | 03-2011 – 03-2012

FBISE-Islamabad

CERTIFICATIONS

- **Level 3 Personal Trainer HFPA REPs UAE | 03-2021**
- **Level 2 Strength & Conditioning Coach | 09-04-2023**
- **Level 2 Elite Rehab Coach | 09-03-2023**
- **Basic Life Support CPR | 01-2023**
- **PSB Refresher Coaching Course | 04-2023**

INTERESTS

Sports
Bodybuilding
Athletics
Volleyball

LANGUAGE

English	●●●●●
Urdu	●●●●●
Punjabi	●●●●●