



Saba Kamran

Fitness Expert

My Contact

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Hard Skill

- Exercise Physiology
- Program Design
- Form Correction
- Equipment Proficiency
- Functional Training
- Flexibility and Mobility Training

Soft Skill

- Fitness Trainer Soft Skills
- Communication Skills
- Motivational Skills
- Adaptability
- Empathy
- Patience
- Problem-Solving

Education Background

- Graduate in psychology
- Level-II Strength and Conditioning
- Level-II Rehabilitation

About Me

Hi there! I'm Saba Kamran, a dedicated and passionate fitness professional with a focus on holistic well-being. As a certified fitness trainer, I specialize in Level-II Strength and Conditioning, coupled with Level-II Rehabilitation expertise. My mission is to empower individuals to achieve their fitness goals while prioritizing injury prevention and rehabilitation.

Professional Experience

Fitness Trainer

Certifications:

- Level-II Strength and Conditioning
- Level-II Rehabilitation

Philosophy:

I believe in a balanced approach to fitness that not only enhances physical strength but also addresses the importance of rehabilitation. My training philosophy revolves around creating customized workout plans that not only challenge and push individuals towards their fitness goals but also take into account any existing injuries or limitations. I am dedicated to fostering a supportive and encouraging environment to help clients reach their full potential.

Areas of Expertise:

1. Strength and Conditioning: My Level-II Strength and Conditioning certification equips me with advanced knowledge in designing effective and progressive strength training programs. I focus on improving overall strength, endurance, and functional fitness.

2. Rehabilitation: With a Level-II Rehabilitation certification, I specialize in developing targeted programs for individuals recovering from injuries or with specific physical limitations. I am passionate about aiding the rehabilitation process and promoting long-term health.

Approach to Training:

- Individualized Programs: I understand that each person is unique, and so are their fitness needs. I create personalized training programs tailored to individual goals, fitness levels, and any existing health concerns.
- Progressive Training: I believe in the power of continuous improvement. My training programs are designed to be progressive, ensuring that clients consistently challenge themselves and experience ongoing growth.
- Education and Empowerment: I not only guide clients through workouts but also provide them with the knowledge and tools to make informed decisions about their health. Empowering individuals with a deeper understanding of fitness fosters a lifelong commitment to well-being.