

# PERSONAL TRAINER TEAM TRAINER

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## PROFILE



A highly competent and enthusiastic Personal Trainer and Team Fitness Trainer with a proven ability to help people achieve their fitness goals. Possesses proven track record in helping clients achieve fitness goals through customized exercise programs and diet plans. Now looking to further an already successful career by working for an ambitious and exciting fitness centre.

## PROFESSIONAL EXPERIENCE

### 1 on 1 Personal training /Group Training/Athlete Training

2022 - present : **World Of Champions Gym**

2019 - 2022: **Freelancer at Powergym/TKMMA Gym Dubai**

- Athlete training
- Lose weight
- Get in shape
- Build muscle
- Football training
- Diet plan
- Sport massage
- Boxing strength and conditioning

### FITNESS TEAM TRAINER (Athlete Training)/ PART-TIME

CF Football Academy, Al Jaddaf , Dubai

- Educate players on proper technique
- Provide emergency care and first aid to athletes as necessary
- Strength training
- Fitness assessments
- Monitoring and training players
- Coordination
- Help injured athletes rehabilitate to full strength
- Perform administrative tasks related to budgets, equipment purchases, injury and treatment reports, and more
- Individual players training to help improve their physical performance

## EDUCATION

- CERTIFIED Active IQ  
Level 3 Diploma in Fitness  
instructing and Personal  
Training  
*Bfit Sport Service Dubai,*  
2020

- Bachelor of Science  
Honours degree - Biology  
(Human and Health  
Biology)  
*University of Douala,*  
2013

### others certification

- International football for  
friendship coaches  
academy
- CPR, AED and First Aid,  
2022
- Blood Pathogens course,  
2020
- Certificate of completion  
Drug free Workplace,  
2019

## PERSONAL TRAINER

O'Sport Fitness Center, Cameroon  
2015 - 2017

- Providing one to one guidance to clients to help them achieve their fitness goals.
- Selecting the correct set of exercises for a client to achieve maximum results.
- Devising fitness programmes for weight loss, muscular gain and rehabilitation etc.
- Conducting fitness and exercise classes and demonstrating equipment.
- Responsible for initial contact with new members and promoting membership sales
- Measuring and assessing blood pressure, heart recovery rate, body fat ratio.
- Welcoming new gym members and giving general inductions to them.
- Designing and advising on dietary programmes.
- Responsible for marketing the gym at charity events, press releases etc.
- Providing personal training sessions to private clients at their home or work.
- Maintaining gym equipment and ensuring it is safe to use.
- Tracking a client's progress and accurately updating their record.

## PHYSICAL EDUCATION TEACHER

St Bridget College, Bamenda-Cameroon  
2013-2015

- Encourages students to participate in physical activity even outside of the Physical Education (PE) class
- Motivates children to be active in sports activities of the school and other activities of the community
- Serves as a role model or lead by example in terms of physical fitness and attitude.
- Plans and leads school's activities and programs in physical fitness programs
- Coordinates with other teachers to promote opportunities for physical activity in the school and community
- Provides training and resources or serve as resource person to classroom teachers
- Assists in supervising and coaching the school's basketball and football team
- Provides other engaging activities to the students
- Assists the school administration with other school activities, events, and campaigns

## SKILLS

CPR / First-Aid Certified



Tolerant and Flexible



Organization



Problem Solving



Team Leadership



## LANGUAGES

**French and English**  
*perfect*

**Arabic**  
*beginner*

**Germanic**  
*beginner*

## AREA OF EXPERTISE

- Strength and conditioning coach
- Group exercise instructor
- Fitness manager
- Boxing for pro
- Weight loss transformation specialist
- Bodybuilding
- Corrective exercise specialist
- Health coaching/Nutrition
- Sport massage

*instagram:*

abdour\_fitness

*youtube:*

abdour\_fitness motivation