

## PERSONAL TRAINER



## CONTACT

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## LANGUAGES

**ARABIC ( fluent )**

**ENGLISH : Good**

## SKILLS

**Strong work Ethic**

**COMPUTER**

**INTERNET**

## HOBBIES

**READING**

**SPORT**

**TRAVEL**

## EDUCATION

- Bachelor of physical Education(GOOD)
- Saudi register of exercise professionals
- Member of the Egyptian Bodybuilding Federation(EFBB)
- Member of the Arab Bodybuilding Federation (AFBB)ID:PT1631
- Member of the( General Sports Syndicate )
- Certified personal training diploma (CPT)
- Certified (PHYSICAL FITNESS) ID:26532863
- Certified (HEALTHLY LIVING)
- Certified (The Neuroscience of Aerobic Exercise ( AFAA )
- Player of the central zone of( the Egyptian Armed Forces) for weightlifting
- Certified 1st (THE REPPUBLIC CHAMPIONSHIP for BODYBUILDING 60kg)
- Certified 2nd(SHARQIA GOVERNORATE for BODYBUILDING80kg)first class
- Certified 3<sup>rd</sup> (SHARQIA GOVERNORATE for BODYBUILDING80kg)second class

- A certificate of appreciation due to active participation in the field of bodybuilding
- A certificate of appreciation for participating in the offers of specialized colleges 2011
- A In organizing Bodybuilding Championship (FITNESS WAY CLUB ) certificate of appreciation for
- A certificate of appreciation for participating in the opening presentation of the second session of the Arab universities in Cairo 2010

## WORK EXPERIENCE

- **Personal Trainer ( online)**
- **Sports manager of Al Khalidiya Sports Club in Saudi Arabia**
- **Injuries and rehabilitation specialist at Najran FC**
- **Coach of bodybuilding ( FLOOR){PLATINUM CLUB} in Saudi Arabia**
- **Personal Trainer {FITNESS WAY CLUB} in Saudi Arabia**
- **Sports Trainer at (SPORTS GYM) in SHARQIA GOVERNORATE**
- **Sports Trainer at (AL ESAWY GYM) in SHARQIA GOVERNORATE**
- **Sports Trainer at (GOLDEN GYM) in SHARQIA GOVERNORATE**

## CERTIFICATIONS

- **First aid and crisis medicine course**
- **Training course in bodybuilding and physical preparation from the National Youth Council and WISSAM international Center**
- **Training course in sports injuries and rehabilitation**
- **Occupational Health and safety course from the Saudi Red Crescent Authority**
- **Disaster and crisis management course from the Saudi Red Crescent Authority**
- **Prince Nayef first aid course from Saudi Red Crescent Authority**
- **Attending the infection control program of the Saudi Red Crescent Authority**

- Sports events management course from the International Olympic Committee
- Acertificate of attendance of the entrepreneurial work strategies program (Faculty of technology, Taif University)
- Human development in self-control and language programming
- A course in communication skills from the center(ICT)
- A course in management and customer service from the center(ICT)
- He holds a self-management course from the Arab Center for training, consulting and studies Zagazig University
- A management course from the Arab Center for training, consulting and studies Zagazig University
- A course in personal planning from the Arab Center for training, consulting and studies Zagazig University
- Al-Faqi scholarship for Human Development

