



# Rehab Trabelsi

Fitness Trainer  
Gym Manager

## Personal Information

### Date of Birth

1998 - Jun - 19

### Address

From Tunisia, Saudi Arabia,

### Phone

00966554792940

### Email Address

Rahouba3assoula@gmail.com

## Languages

Arabic

English

French

Spanish

## Work History

- 2016-06 -  
2016-09

**Fitness Trainer**  
**L'olympé Gym Sousse** , Tunisia ,  
**Responsibilities :**
  - Conduct individual and group fitness training sessions
- 2016-12 -  
2016-12

**Fitness Trainer**  
**California Gym Sousse**, Tunisia,
- 2018-02 -  
2018-10

**Fitness Trainer**  
**Arena Gym**, Tunisia,
- 2018-09 -  
2019-08

**Fitness Trainer**  
**ARC Gym Sousse**, Tunisia,
- 2019-09 -  
2019-09

**Fitness Trainer**  
**360 Fitness** , Saudi Arabia, Jeddah,
- 2019 -  
2021

**Fitness Manager**  
**360 Fitness**, Saudi Arabia, Jeddah ,
- 2021-06 -  
2021-07

**Fitness Trainer**  
وزارة الرياضة , Saudi Arabia, Jeddah,  
**Responsibilities :**
  - تدريب الاطفال في فعاليات . نشاطي .
- 2021 -  
2022

**Fitness Trainer**  
**Delta - ARAMCO company** , Saudi Arabia, Dammam,
- 2022-09 -  
2023-04

**Fitness Care Ladies**, Saudi Arabia, Dammam,
- 2023-05 -  
present

**Fitness Director**  
**Our Way Company** , Saudi Arabia ,

2023-11 -  
**Education**

Z-FITNESS, Saudi Arabia, **Gym general manager**

2019-01 -  
present

**Professional : Fitness Trainer**  
الجامعة التونسية لبناء الاجسام والفتنس - Tunisia

## Additional Information

- present
- Bodybuilding competitor
  - First and only arabe PRO ATHLETE

## Certifications

- 2019-10 **Reaxing Training Academy / Reaxing Certificate**
- 2019-10 **PHS ( performance health system) / Power Plate Certificate**
- 2019-10 **Precor Coaching Centre/ Queenax Certificate**

2019-11	<b>VPR ( vitality performance reconditioning) / LMT-1 Training Certificate</b>
2019-11	<b>VPR ( vitality performance reconditioning)/ LMT-2 Training Certificate</b>
2019-11	<b>VPR ( vitality performance reconditioning) / VIPR Kids Certificate</b>
2019-11	<b>VPR ( vitality performance reconditioning) / VIPR ACTIVE AGING Certificate</b>
2020-02	<b>Swedish academy of sports training / Basic Sports Injury Certificate</b>
2020-02	<b>Swedish academy of sports training / Sports Guide Nutrition</b>
2020-02	<b>Swedish academy of sports training / Basic Fitness Certificate</b>
2021-05	<b>ISSA ( international sports sciences association) / Personal Trainer</b>
2021-05	<b>ISSA / Master Trainer Certificate</b>
2021-05	<b>ISSA / Genetic based program design</b>
2021-05	<b>ISSA / Gluts Specialist Certificate</b>
2021-05	<b>ISSA / Specialist In Bodybuilding Certificate</b>
2021-05	<b>ISSA / Specialist In Exercises Therapy Certificate</b>
2021-05	<b>ISSA / Specialist In Fitness Nutrition Certificate</b>
2021-05	<b>ISSA /Specialist in strength and conditioning</b>
2021-10	<b>FitDash NZ Academy of sports science / Personal Trainer Certificate</b>
2021-10	<b>FitDash NZ Academy of sports science / Fitness Nutritionist Certificate</b>
2023-04	<b>NASM / Physique &amp; Body building Coach Certificate</b>
2023-04	<b>NASM / Nutrition Coach Certificate</b>

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## Training course

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2021-12	هيئة الهلال الاحمر السعودي / شهادة إسعافات اولية
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