ALI MUFARRAH AL-ZAHRANI

PERSONAL FITNESS COACH

CONTACT

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Jeddah - Saudi Arabia

Languages

- Arabic (Native)
- English (Beginner)

Skills And Goals

- Management of sports clubs
- .Strategic planning
- Sports development in exerciss
- Sports development fitness class
- Helping the community in a healthy and sports life
- Innovation and creativity
- Project management and audience analysis

ABOUT ME

Experienced personal fitness trainer specializing in training individuals and groups to achieve their health and fitness goals.

Passionate about sports and a healthy lifestyle, I am committed to helping, caring for, and supporting people both physically and mentally. I strive to utilize my health, technical, and sports knowledge in a work environment that contributes to improving quality of life and advancing healthcare services.

A graduate of public health, I have knowledge of the basics of health promotion and disease prevention, with computer skills that include the use of office and data management programs. I seek to employ my health and technical knowledge in a work environment that contributes to improving the quality of life.

EDUCATION

Licensed Personal Trainer - Ministry of Sport

NASM Certified Personal (CPT)

NASM CORE TRAINING

Exercise: Exploring the Science of Recovery (2020)

Recovery (2020)

SHA HSFA CPR CPR ADE course

Diploma in Environmental Protection Technology

Licensed by the Saudi Commission for Health Specialties

Public Health Technician

Two-Year Diploma in Computer Science

Two and a half years

OSHA Academy - OSHA General Industry Safety and Health Management

PROFESSIONAL EXPERIENCES

Personal fitness trainer and experienced in training individuals and groups and achieving health and physical goals

An employee at Leejam Sports Company with three years of continuous experience, during which I worked in several administrative and sports-related roles and was assigned the responsibilities of a Club/Center Manager.

- **Training & Technical Competencies**

1. **InBody Body Composition Analyzer**
2. **Fitness Tracking Applications (MyFitnessPal, Fitbit, Trainerize)**
3. **Microsoft Office (Word, Excel, PowerPoint)**
4. **Social Media Tools for Fitness Branding (Instagram, Reels, Stories)**
5. **Basic Video Editing (CapCut, VN, InShot)**
6. **Knowledge of Gym Equipment Maintenance and Cleaning**