

ALI AL KHALED

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Passionate and certified Personal Trainer with 7 years of experience in designing and implementing fitness programs tailored to individual client needs. Proven track record of helping clients achieve their fitness goals through motivation, education, and a personalized approach to health and wellness. Skilled in conducting assessments, prescribing exercises, and providing nutritional guidance to optimize client outcomes. Committed to continuous learning and staying updated with industry trends. Seeking to leverage expertise in a dynamic gym environment to inspire and empower clients towards a healthier lifestyle.

PROFESSIONAL EXPERIENCE

PRO FITNESS, Lebanon

Floor coach , 2023-2024

- Trained clients during strength training cardiovascular exercise and stretching.
- Developed planned and led personal and group fitness sessions as well as well - known
- specialty fitness programs.
- Offer guidance on nutrition, lifestyle changes, and fitness-related topics to promote overall well-being.
- Maintain a safe workout environment and help clients avoid injuries

TO FITNESS , Lebanon

Floor coach , 2018-2023

- Achieved improvements for clients by designing optimal wellness planes and organizing schedules to promote consistency.
- Drove clients retention managing daily classes and individual sessions.
- Encourage and motivate clients to stay committed to their fitness goals.
- Design specific workout systems for individual clients based on performance ability.

EDUCATION

International Fitness Professionals Association (IFPA)

Personal fitness trainer , 2024

Lebanese international university

Computer science , 2021-2023

CERTIFICATIONS

Personal fitness trainer (2024)

Biomechanics of weight training (2024)

Conditioning to improve strength (2024)

Sport massage (2024)

12 Fitness-components Master class (2024)

SKILLS

- Understanding how the body functions and responds to exercise.
- Ability to design tailored workout plans based on individual client goals and fitness levels.
- Basic knowledge of nutrition to advise clients on healthy eating habits.
- Effectively conveying information and motivating clients.
- Conducting fitness assessments to track progress and adjust programs.
- Modifying workouts for clients with different abilities or injuries.
- Using positive reinforcement and motivational techniques to encourage clients.
- Maintaining ethical standards, confidentiality, and a positive client relationship.
- 24 Cue's
- Computer skills .

LANGUAGES

Arabic , English