

# IBRAR ALI

Village farhatabad tehsil khwazakhela. Disst swat county  
Pakistan  
0545840325  
ibraralikhan19234678@Email.com

## Experience

---

- Total body gym khwazakhela swat Pakistan** 2021 - Now starting  
Gym trainer  
I have 5 eayer experience “I am a passionate and dedicated gym trainer with strong knowledge of fitness, strength training, and nutrition. My goal is to help people achieve their health and fitness targets through customized workout programs, motivation, and proper guidance. I focus on building strength, endurance, and confidence in my clients, while ensuring safety and correct techniques during training. Fitness is not just a job for me—it’s my lifestyle, and I enjoy inspiring others to reach their full potential.”

## Education

---

| Course / Degree      | School / University           | Grade / Score | Year  |
|----------------------|-------------------------------|---------------|-------|
| DIT , safety NEBOSH, | Matriculation 2021 , FSC 2023 | A1            | 21-23 |

## Skills

---

-  Personal & Professional Skills • Motivation & encouragement to keep clients consistent • Communication skills – explaining exercises clearly • Patience & empathy – dealing with beginners and advanced clients • Adaptability – creating programs for different ages, goals, and fitness levels • Time management – organizing training schedules • Leadership & discipline – being a role model in fitness

## Interests

---

- Gym training, cricket, driving study

## Languages

---

- English. Urdu. Poshto