

Name: Khalid Almutairi

Phone: +966 555 345 678

Email: khalid.strongcoach@promail.com

Location: Dammam, Saudi Arabia

Profile Summary

Results-driven senior fitness coach with 8+ years of experience in personal training, staff mentorship, and gym program development. Specialized in functional training, injury rehab, and sports performance. Proven leadership in building fitness teams and achieving business growth.

Certifications

- **Master Trainer Certification – NASM**
 - **Certified Strength and Conditioning Specialist (CSCS) – NSCA**
 - **CPR, AED & Advanced First Aid – 2025**
 - **Certified Rehab Trainer – 2023**
-

Professional Experience

Head Coach – IronFit Performance Center, Dammam

Jan 2020 – Present

- **Supervise team of 10 trainers, handle hiring and mentorship**
- **Designed 3 premium fitness programs (weight loss, muscle gain, athletic prep)**
- **Achieved 50% membership growth in 2 years by enhancing service offerings**

Personal Trainer – Fitness First, Dammam

Mar 2016 – Dec 2019

- **Trained VIP clients and professional athletes**
 - **Collaborated with physiotherapists on injury recovery programs**
-

Education

Bachelor's Degree in Sports Science

Imam Abdulrahman Bin Faisal University – 2015

Skills

- **Functional and sports-specific training**
 - **Team leadership and staff development**
 - **Advanced biomechanics and posture correction**
 - **Gym operations and program management**
-

Languages

- **Arabic: Native**
- **English: Professional proficiency**