

**Name: Omar Al Harbi**

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**Location: Jeddah, Saudi Arabia**

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### **Professional Summary**

**Certified and experienced personal trainer with over 3 years in strength training, fat loss programs, and personalized fitness plans. Skilled at motivating clients and delivering measurable fitness results.**

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### **Certifications**

- **Certified Personal Trainer (ACE) – 2021**
  - **Fitness Nutrition Specialist (NASM) – 2022**
  - **CPR & First Aid – Valid through 2026**
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### **Work Experience**

**Personal Trainer – Gold’s Gym, Jeddah**

**Aug 2021 – Present**

- **Train over 20 clients weekly, providing individualized workout plans**
- **Increased client retention by 35% through consistent follow-ups and result tracking**
- **Lead boot camp and HIIT group classes (10-20 people per class)**

**Fitness Assistant – FitZone Gym, Jeddah**

**Jun 2020 – Jul 2021**

- **Supported senior trainers, tracked member progress, managed appointments**
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### **Education**

**Diploma in Fitness & Health Promotion**

**Jeddah College of Sports and Wellness – 2020**

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### **Skills**

- **Resistance training**
- **Group fitness instruction**
- **Weight management coaching**
- **Injury prevention**
- **Body composition analysis**

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### **Languages**

- **Arabic: Native**
- **English: Fluent**