

Name: Sarah Alrashid

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Location: Riyadh, Saudi Arabia

Objective

Motivated and energetic newly certified fitness coach with a passion for helping clients achieve their health and wellness goals. Eager to gain hands-on experience in a professional gym environment.

Certifications

- Certified Personal Trainer (CPT), ISSA – 2024
 - CPR & AED Certification – 2024
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Education

Bachelor's in Physical Education

King Saud University, Riyadh

Graduated: 2023

Skills

- Basic strength and conditioning
 - Client communication and motivation
 - Designing beginner workout plans
 - Safety and spotting techniques
 - Nutrition fundamentals
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Experience

Intern – FitLife Gym, Riyadh

Jan 2024 – Apr 2024

- Assisted senior coaches in group classes and one-on-one sessions
 - Helped new clients with form correction and equipment usage
 - Conducted fitness assessments for walk-in clients
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Languages

- Arabic: Native
- English: Intermediate