



Chaima Hssin

Fitness coach

Passionate fitness coach with 6 years of experience in developing fitness programs. Looking to assist in promoting a healthier lifestyle among clients. Successfully led a team that increased overall client satisfaction ratings

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📍 Arar, Saudi Arabia

WORK EXPERIENCE

KARATE COACH ASSOCIATION JOUINI GYM

2018 - 2020

TUNIS JENDOUBA

Achievements/Tasks

- Teaches and supervises sports and physical activities in one or more disciplines, depending on the expectations of the public (leisure, initiation, competition).
- Ensures personal safety and compliance with regulations
- Depending on the size of the club, may take part in managing the structure, developing activities, organizing events and managing partnerships.

FITNESS COACH FITNESS LINE

2020 - 2021

TUNIS JARDIN DE CARTHAGE

Achievements/Tasks

- Verify that the execution of exercises and the use of equipment comply with safety standards.
- Ensure that equipment is in perfect working order.
- Educate customers about healthy, active lifestyles.
- Actively promote and sell the programs and activities offered by the gym or sports center.
- Ensure that the gym is clean and in good condition.

FITNESS COACH FITNESS SMO

2021 - 2022

SAUDI ARABIA HAFR ALBATIN

Achievements/Tasks

- Plan and run fun, comprehensive and safe fitness classes.
- Explain exercises and demonstrate proper execution
- Suggest different exercises according to customers' requirements, abilities and skill levels.
- Design workout sheets.
- Assist customers during the execution of the activity, ensuring that they perform the exercises correctly.
- Monitor customers' exercise programs and modify them if necessary.
- Motivate customers to improve their performance and continue training

SKILLS

Client assessment skills

Personalized training programs

Nutritional guidance

Motivational coaching

Strong communication skills

Time management

Team collaboration

LANGUAGES

Arabic

Native or Bilingual Proficiency

French

Native or Bilingual Proficiency

English

Native or Bilingual Proficiency

Deutsch

Professional Working Proficiency

INTERESTS

Outdoor adventure sports

Nutrition and wellness coaching

Community fitness events

Dance fitness classes

Participating in fitness challenges

Pilates mat and mindfulness practices

Aqua gym practice

WORK EXPERIENCE

FITNESS & BODYBUILDING COACH

DELTA FITNESS

2023 - Present

SAUDI ARABIA AR'AR

Achievements/Tasks

- Assess each client's initial fitness level.
- Set realistic goals adapted to individual needs.
- Design personalized training programs, including strength training, cardio and flexibility exercises.
- Establish an adapted nutritional plan, in collaboration with the customer.

CERTIFICATES

Certificate in AEROBIC (2019)

Certificate in TRM (Technique de renforcement musculaire) (2020)

Certificate in APA (Activite Physique Adaptee) (2021)

Certificate in Karate Refereeing (2021)

Certificate in Injury Prevention Training (2021)

Certificate in Sports Massage & Injury Prevention (2021)

EDUCATION

Bachelor's degree in sports training & karate

Higher Institute of Sport, Tunisia

2018 - 2021

TUNIS MANOUBA