



MUHAMMED ANEES.P

FITNESS TRAINER

CONTACT



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Valanchery

SOFT SKILLS

- Discipline & Commitment
- Team Collaboration
- Goal Setting & Motivation
- Communication & Adaptability

ACHIEVEMENTS

- Subroto Football Cup
- Inter Zone Football Championship
- Sub District School Games

NATIONALITY

Indian

MY PROFILE

Motivated Fitness Trainer with a background in Physiology and competitive Kickboxing. Passionate about health, strength, and performance. Skilled in creating personalized workout plans, enhancing endurance, and helping clients achieve their fitness goals with discipline and motivation.

SKILLS

- Program design & fitness assessment
- Strength and conditioning
- Functional bodyweight training
- Mobility and Flexibility
- Nutrition Guidance
- Injury Prevention

ACHIEVEMENTS

- Subroto Football Cup – Participant
- Inter Zone Football Championship – Team Player
- Sub District School Games – Competitor
- Gold Medal in Kickboxing – State Level (2025)

EDUCATION

■ **BACHELOR OF SCIENCE IN PHYSIOLOGY**
MES KVM COLLEGE, VALANCHERY (CALICUT UNIVERSITY)
CURRENTLY PURSUING

■ **PLUS TWO**
NIOS

■ **S.S.L.C**
M.E.SHIGHER SECONDARY SCHOOL .IRIMBILIYAM
BOARD OF PUBLIC EXAMINATION, KERALA – INDIA

■ **International Diploma in Personal Training**
Recognized by REPS INDIA and accredited by PD Approval Level 4 certificate
Leaders Fitness Academy Diploma in Personal Trainer Certificate
NSFQ Level 4 - Fitness Trainer Certificate by SPEL-SC
Trauma Response Certificate from Australian Life Saving Academy
Full Status REPs India Membership Category A - Personal Trainer

CERTIFICATIONS

Gold Medalist – 10th Kerala Amateur State Kickboxing Championship 2025, organized by the Kickboxing Association of Kerala, recognized by IAKO, ISKA & SGFI.

LANGUAGES KNOWN

English | Malayalam | Hindi | Tamil