

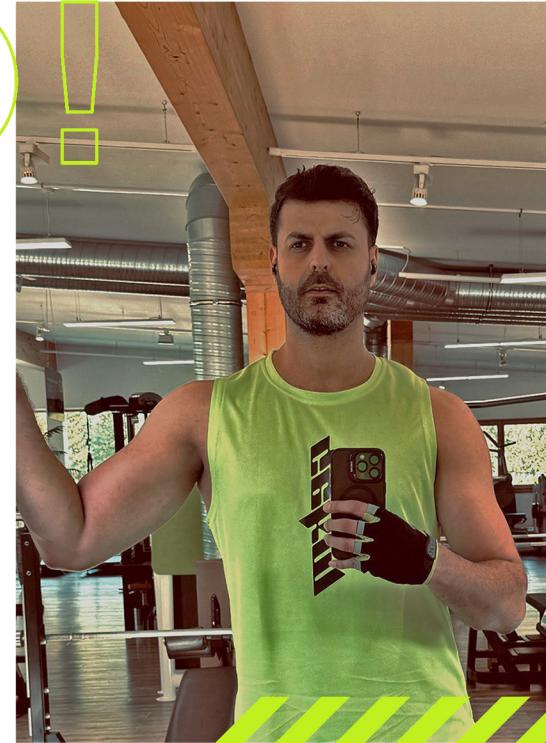
SAJAD FALLEH YEKTA

CERTIFIED FITNESS TRAINER

#HELLO!



0660 575 1942
Graz, 8020, Austria
sajjad.fallahyekta@gmail.com



EDUCATION

Fitness:

Certificate by I.R.IRAN Bodybuilding and Fitness Federation, coaching 2nd degree course Jan, 2023

Certificate by I.R.IRAN Bodybuilding and Fitness Federation , coaching 3rd degree course Jan, 2021

Certificate of participation in Fitnessbasics seminar in April, 2021

Certificate of participation in Aerobic training and HIIT design seminar in May 2021

Certificate of participation in Resistance training designing seminar in June 2021

EXPERIENCE

Fitness Trainer

Dastjerdi Sport Complex - Tehran
2021 - 2024

Train and guide a diverse group of members in various fitness programs and exercises.

Develop and implement personalized workout plans tailored to individual goals and needs.

Foster a positive and motivational environment to help members achieve their health and fitness objectives.

Assess and monitor members' progress, providing constructive feedback to support their physical and mental development.

Swimming Trainer

Dastjerdi Sport Complex - Tehran
2021 - 2024

Develop and implement personalized swim training programs for different skill levels, from beginners to advanced swimmers.

Foster a supportive and encouraging environment to help clients build confidence and improve their swimming skills.

Teach water safety and rescue techniques to ensure a safe swimming environment for all participants.

Collaborate with colleagues and management to enhance training programs and address clients' needs effectively.

Provide feedback and corrective techniques to help clients improve their form and