



# MUHAMMED SHAHUL C.A



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HSR Layout sector 3

## EDUCATION

**computer commerce  
+2 (Higher Secondary)**  
Lashmi College

2022- 2024

## SSLC

**SDPY KPMHS**

2021-2022

## SOFT SKILLS

- Problem-Solving & Critical Thinking
- Communication & Collaboration
- Time Management & Adaptability
- Motivation & Leadership

## LANGUAGE

- English (Fluent)
- Malayalam (Native)
- Hindi (Basic)
- Tamil (Basic)

## PROFESSIONAL SUMMARY

Certified and passionate Personal Trainer with a strong foundation in fitness science and practical experience in client training programs. Skilled in developing customized workout routines, nutrition advice, and injury prevention strategies. Committed to helping individuals achieve their health and fitness goals through motivation and expert guidance.

## WORK EXPERIENCE

### Personal Trainer

- Developed personalized training plans for clients of all fitness levels.
- Guided clients on exercise techniques, posture, and healthy living.
- Conducted group sessions, strength training, and cardio classes.
- Tracked client progress and made program adjustments as needed.
- Ensured a safe and positive environment in the gym.

### Skills

- Personalized Workout Planning
- Weight Training & Cardio
- Client Motivation & Goal Setting
- Nutrition & Diet Guidance
- Fitness Assessment
- Injury Prevention & Rehab Support

## CERTIFICATIONS

### Ibis Academy

- Certified Personal Trainer
- Year: 2025