

Contact

www.linkedin.com/in/yashmeen-chauhan-7b743a106 (LinkedIn)

Top Skills

Fitness Coach

ACSM certified Personal Trainer

Certified Kettlebell Teacher

Languages

Punjabi

English

Hindi

Certifications

IKFF Certified Kettlebell Teacher

Reebok Certified Aerobics Instructor

ACSM Certified Personal Trainer

Publications

Sculpt Gym

Female Bodybuilding Inspiration:
FEATURED ATHLETE - Yashmeen
Manak

Fitness FAQs by Yashmeen Manak

Yashmeen Chauhan

Competition Prep Coach and Strength & Figure Athlete and Fitness Consultant

Gurgaon

Summary

A competition prep coach and a strength and figure athlete.

India's 1st Neulife – Cellucor Sponsored Athlete.

Winner of the Gladrag's Mrs India 2005 "Best Body Award"

1st Runner up at the Bodypower India Expo 2015 "Fit Factor".

ACSM certified Personal Trainer, Certified Kettlebell Teacher,

Certified Aerobics and group class instructor and Aerobics dance choreographer.

Living and spreading fitness for the last more than 18 years, I catapulted myself from taking group and personal training classes to spearhead the concept of all round health & fitness being followed at my brainchild facility Sculpt ([www .sculptgym.in](http://www.sculptgym.in)).

Writing various fitness related articles and blogs & conducting and organizing corporate/Individual workshops and seminars.

Instructed and taught fitness classes including, muscle toning, strength, and endurance and also assisted & profound ability to demonstrate use of gymnastic and training equipment.

Extended ability to advise clients regarding proper nutrition, weight management, healthy eating and general wellness.

Experience

Sculpt Gym

Owner

Fitness Consultant

Competition Prep Coach and Strength & Figure Athlete

July 1999 - Present (21 years 2 months)

Delhi NCR

ACSM Certified Personal Trainer

IKFF Certified Kettlebell Teacher

Reebok Certified Aerobics Instructor

16 Years of hands on experience in the field of health, fitness and sports nutrition

Into Fitness related TV shows

Team Neulife - Cellucor Athlete

Education

Delhi University

Bachelor's Degree · (1996 - 1999)