

Betelhem Kassahun

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Dynamic Personal Trainer with a history at Adonimarkan World Taekwondo, where I enhanced session availability through streamlined scheduling. Expert in plyometric training and fostering health and wellness. Known for elevating performance through cardiovascular conditioning and group fitness instruction, demonstrating exceptional time management and motivational skills.



Skills

- Plyometric training
- Health and wellness
- Performance enhancement techniques
- Cardiovascular conditioning
- Flexibility and mobility
- Group fitness instruction



Work History

Aug 2022 - Personal Trainer

Current

Adonimarkan World Taekwondo , ADDIS ABABA Ethiopia

- Streamlined scheduling processes for better time management and session availability.



Education

It: IT Network Security

Dire Dawa University - Dire Dawa



Accomplishments

- Achieved Result by completing Task with accuracy and efficiency.



Certifications

- CGFI - Certified Group Fitness Instructor
- CSCS - Certified Strength and Conditioning Specialist
- CPT - Certified Personal Trainer