

ROHAN KAPOOR

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Location: India

SUMMARY

Professional Fitness Trainer with 3+ years of experience in personal training, strength conditioning, group workouts, weight-loss coaching, client assessment, and nutrition guidance. Adept at designing personalized fitness plans, tracking client progress, and creating a positive and motivating environment. Skilled in functional training, HIIT, strength training, and posture correction.

EXPERIENCE

Fitness Trainer – PowerZone Fitness Studio (2021 – Present)

- Designed customized workout plans for 120+ clients across weight loss, strength building, and rehab goals.
- Conducted daily group HIIT classes, strength circuits, and stretching batches.
- Delivered 1-on-1 personal training with measurement tracking and nutrition guidance.
- Ensured equipment safety, gym hygiene, and injury prevention protocols.
- Maintained progress logs and client motivation charts.

ACHIEVEMENTS

- Transformed 30+ clients with successful long-term results.
- Awarded “Fitness Coach of the Month” multiple times.

CERTIFICATIONS

- Certified Personal Trainer – ACE
- CPR & First Aid Certified

SKILLS

Strength Training, HIIT, Client Assessment, Flexibility Training, Personal Training, Weight Management, Nutrition Basics, Communication

DECLARATION

I hereby confirm all information is accurate.