

ARJUN MALIK

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Location: India

SUMMARY

Energetic and passionate fitness enthusiast seeking an entry-level position as a Fitness Trainer/Assistant Coach. Strong knowledge of basic exercise techniques, body mechanics, warm-up routines, stretching, weight training, and gym equipment usage. Dedicated to helping clients improve their physical health, flexibility, and endurance. Excellent communication skills, a positive attitude, and the ability to motivate individuals of all age groups.

EDUCATION

Bachelor of Science – Sports & Fitness Science (2025)

National Institute of Fitness & Conditioning

INTERNSHIP EXPERIENCE**Fitness Intern – Titan Fitness Club (Jan 2024 – Apr 2024)**

- Guided members through warm-ups and beginner workout routines.
- Taught proper posture and form for basic strength training exercises.
- Monitored cardio machines and ensured safe usage of equipment.
- Assisted senior trainers in group workout sessions and yoga batches.
- Provided hydration reminders, injury-prevention tips, and equipment sanitation.

PROJECTS

- Designed a beginner 4-week fitness plan for weight loss.
- Conducted a fitness awareness workshop for college students.

SKILLS

Basic Training Techniques, Body Mechanics, Client Motivation, Gym Equipment Handling, CPR Basics, Communication, Time Management, Group Training Assistance

DECLARATION

I hereby declare that the information provided is true.