

HM BALAL HOSSAIN

FITNESS COACH & ATHLETES



I am a qualified and professional fitness coach with 10 years of experience in bodybuilding and physical fitness sector. Strong creative and analytical skills. Team player with an eye for detail.

EXPERIENCE

- 2021- 23** :- Platinum gym airport. chief trainer and nutritionist
- 2020-22** :- Fitness plus gym, Uttara. Chief trainer and floor in charge.
- 2019-20** :- Presidential Jinnah's care-Bashundhara. Chief trainer and floor in charge.
- 2016-20** :- Oxygen gym, Tongi . Senior trainer.
- 2014-17** :- Bodyshape Zone, Senior trainer.
- 2012-13** :- Bodyshape Zone, supporting trainer.

ACHIVEMENT

- 2022** :- Bangladesh National Championship top 4.
- 2021** :- Mr. Dhaka top 4 and National Championship top 6.
- 2020** :- Participated in Bangladesh National Championship. And got a placement.
- 2019** :- First participated in Bangladesh National Championship.

DUTIES/RESPONSIBILITIES AS A IFITNESS COACH :

- Friendly approach to clients.
- Get to know the client's needs and goals well.
- Make a personal diet chart of every client depends on his/her daily life & body.
- Make an individual workout plan for every client.
- Make a motivation plan.
- Proper follow-up.

EDUCATION

Advanced Physics Transformation (APT) Level 1-2 *certified personal training (CPT) *Nutrition (food and supplement)
Academic name:- **The Boss Academy India.**
DIPLOMA IN COMPUTER SCIENCE & ENGINEERING (Present)
Higher Secondary Certificate (H.S.C) (2018-2020)



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Signature

Date