



Mudassir Ghazi

Personal Trainer

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About Me:

I'm a dedicated personal trainer passionate about improving my clients' health, wellness, and quality of life. Creating exercise programs using the latest techniques for teens, adults, and senior citizens tailored to individual strength and needs.

Skills:

- Developing exercise programs
- Fitness assessment
- Nutrition advice
- Safety techniques
- Weight training
- Expertise in transformation

Work Experience:

Personal Trainer | 2011 - 2015

Talwalkars Pvt, Ltd (India)

- Work with clients to reach their goals
- Develop exercise, nutrition, and health programs for clients

Freelance Personal Trainer | 2015 - 2020

- Developed individualized workout programs
- Monitored participants to ensure safety
- Motivated clients to achieve their personal goals
- Pre competition training
- Mobility training to avoid soreness & stiffness

Fittox Gym (Dubai) | present

- Personal fitness instructor
- Floor Manager

Certification:

Action CPT | 2015

- Completed certification in fitness science and cardiology from one of the best fitness academy.