

Dickson Cadiet

Gilgil, Kenya | Phone: +254 710 841 781 | Facebook: Dickson Cadiet

Professional Summary

Dedicated and experienced gym instructor with over 18 years in the fitness industry, currently serving as a senior trainer at Classic Gym 254 in Gilgil since 2011. Specializes in strength training, weight loss, and personalized fitness programs. Known for helping clients achieve visible results and creating a disciplined yet motivating gym environment. Passionate about fitness transformation and community empowerment through health.

Key Skills

- Strength & Muscle Building Programs
- Weight Loss & Body Toning
- Customized Fitness Plans for Women & Men
- One-on-One & Group Coaching
- Client Progress Tracking & Goal Setting
- Nutritional Advice (Basic)
- Gym Operations & Client Retention
- Communication & Motivation

Work Experience

Senior Gym Instructor & Personal Trainer

Classic Gym 254, Gilgil | 2011 - Present

- Designed and implemented personalized workout plans for clients at all fitness levels
- Specialized in women's muscle-building and fat loss programs
- Guided clients through weight loss journeys, helping many lose over 10 kg in under 6 months

Dickson Cadiet

Gilgil, Kenya | Phone: +254 710 841 781 | Facebook: Dickson Cadiet

- Trained clients daily, weekly, and monthly while managing gym attendance and payments
- Fostered a supportive and results-driven gym culture with high client satisfaction
- Collaborated with fellow trainers to maintain equipment, safety, and program quality

Education & Certifications

Certificate in Fitness Instruction - In Progress via AFAA (Athletics and Fitness Association of America)

Online certification with global recognition and practical training for fitness professionals

Website: afaa.com/courses/personal-fitness-trainer

CPR & First Aid Certification - In Progress at St John Ambulance Kenya, Nakuru Branch

Practical First Aid and CPR training covering emergency response, injury care, and life-saving techniques

Contact: 0721 611 555 | Email: info@stjohnkenya.org

Achievements

- Built a loyal client base through proven transformation results and word-of-mouth referrals
- Created a structured women's training plan that boosted confidence and body strength
- Recognized in Gilgil for consistent service and long-term commitment to fitness coaching

References

Available upon request.