



# Aryan Dangol

## Personal Trainer

Visionary person with a deep passion for Information Technology. Currently pursuing a BSc (Hons) in Computer Science from the University of Wolverhampton. Over 2 years of experience as a Fitness Coach, and still continuing, while also exploring the digital world of marketing alongside academic pursuits.

## Contact

### Phone

977 9862428092

### Email

aryanfitquest@gmail.com

### Address

Dhapakhel, Lalitpur

## Education

2020

### Management

Little Angel's College

2022

### Bsc (hons) Computer Science

Herald College Kathmandu

## Expertise | Skills

- Customized workout plans
- Nutritional guidance
- Website development
- Meta ads
- Google ads
- Email Marketing
- Computer Skills

## Language

English

Nepali

## Experience

2021

CMG FITNESS ACADEMY | Kathmandu

### Fitness Trainer

Worked with CMG Fitness Academy, a franchise of MIFI India, for around 9 months, managing two gyms: Oxygen Fitness in Kamladi and Mahabir Palace in Solti Mod.

2022

GENX FITNESS | Galkopakha, Kathmandu

### Fitness Trainer

Worked with GenX Fitness, managing not only the gym floor but also taking on personal clients and creating a more enjoyable gym environment.

2023 - Present

GOLD'S GYM NEPAL | Bhaisepati, Lalitpur

### Personal Trainer | Marketing

Currently working as a personal trainer at the only international franchise of Gold's Gym present in Nepal. In addition to personal training, also involved in the marketing of Gold's Gym.

## Training | Certification

MIFI INDIA | 2022

### CFT ( Certified Fitness Trainer )

The certification from MIFI has provided knowledge in human anatomy, exercise science, nutritional science, psychology, and more.

Institute of biomechanics | 2023

### Exercise Biomechanics

Exercise science

Kumari Job | 2024

### Digital Marketing

The digital marketing course included Meta ads, marketing funnels, WordPress, SEO, email marketing, and social media marketing.

Classic Fitness Academy | 2024

### PCOD: Role Of Fitness Professional

About PCOS and how fitness professionals can deal with patients with PCOS.

## Socials

 <https://bit.ly/InstagramAryanD>

 <https://bit.ly/LinkedInAryanD>

 +977 9862428092

 <https://aryandangol.com.np>

## Reference

### Adish Amatya

Gold's Gym Nepal / Manager

[adishman.goldsgymnp@gmail.com](mailto:adishman.goldsgymnp@gmail.com)

### Chandra Man Tamang

CMG FITNESS ACADEMY / Founder

(+977) 9843520831

### Shova Gurung

GENX FITNESS / Founder

+977 980-3517678

○ Classic Fitness Academy | 2024

### Effects Of Hormones On Exercise And Performance

○ Digital Gurkha | 2024

### Digital Marketing | Online Course

The digital marketing course included basic of meta ads, marketing funnels, WordPress, SEO, email marketing, and social media marketing.

## Awards

○ Gold's Gym | 2024 | Bhaisepati, Lalitpur

### Best Employee

Received the "Hardest Worker in the Room" award from Gold's Gym Nepal.

○ NYFC | 2023 | Kathmandu

### Certificate of Participation

Participated in a nationwide powerlifting competition organized by NYFC, finishing in the top 10.

○ Third Position In Int Kyokushin Karate

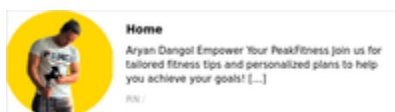
Little Angel's School / 2016 / Lalitpur

○ Participation In Organizing Kathmandu Youth conclave

KYC / 2022 / Kathmandu

## Projects

○ Portfolio Website



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