



📍 Patiala, India, 147001

📞 +91 9988479146

✉ gusainkrishan@gmail.com

SUMMARY

Inspiring Personal Trainer with comprehensive experience preparing and delivering fitness strategies based on client goals. Friendly and motivational with ability to set positive energy and tone.

SKILLS

- Fitness instructions
- Coaching techniques
- Exercise physiology
- Current fitness trends knowledge
- Knowledge of kinesiology
- Designing exercise programs
- Exercise equipment operation
- Fitness assessments
- Time management
- Communication skills

Krishan Singh

EXPERIENCE

January 2020 - Current

Senior Personal Trainer Think Rooter (M3M Golf Estate Team) | Gurgaon

- Planned individualized fitness and nutrition plans to help clients achieve weight loss goals, achieve musculoskeletal Strength, improve cardiovascular health and improve flexibility.
- Communicated with clients to accurately identify fitness goals.

January 2019 - December 2019

Personal Trainer Think Rooter (Magnolias Team) | Gurgaon

- Created individual workout routines based on member fitness level.
- Arranged motivational exercise programmes to promote healthy lifestyle choices.

October 2018 - December 2018

Personal Trainer Gold's Gym | Delhi

- Created individual workout routines based on member fitness level.
- Communicated with clients to accurately identify fitness goals.

September 2016 - August 2018

Clinic Manager One Skin Clinic | Patiala

- Reviewed and assessed staff processes, reducing hazards posed for residents and staff while promoting regulatory compliance.
- Structured schedules to complete tasks and streamline workflows.
- Worked with team members to deliver effective customer service strategies.
- Created marketing campaigns using social media strategies and analytics.
- Monitored system functions and performance levels.

EDUCATION

2018

MSc IT | IT

Punjabi University, Patiala, PB

2015

Bachelor in Computer Application | IT

Khalsa College, Patiala, PB

2012

12th | Commerce

Govt. Model sen sec school, Civil lines, Patiala, PB

2010

10th

Govt. Model sen sec School, Civil Lines, Patiala, PB

CERTIFICATIONS

- Certified Assessor from **Skill India**
- Diploma in Personal Trainer from **K11 school of fitness sciences**
- Certified CPR & AED

ACHIEVEMENTS

- First Place in District School Games 2011-2012.
- First place in Punjab State Rural Competition, 2010-2011.
- First place in Inter Block Rural Competition District Patiala, 2010-2011.
- Participated in Junior Punjab Volleyball Championship 2010-2011.
- Second place in Zone level in 100m , 2009-2010.
- Second place in Zone level in Volleyball, 2009-2010.