

RajKumar Singh

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» CAREER OBJECTIVES

- To secure a position as a group fitness instructor where I can demonstrate my passion for fitness, health and overall well-being. I wish to teach, help and coach people to achieve their fitness goals and achieve their desired lifestyle.

» SKILLS SUMMARY

- Excellent motivator, able to clearly and concisely explain muscle groups in order for the client to best understand what each exercise achieves with good group management skills.
- Exhaustive knowledge and experience in Core Training, having an expertise in Strength Training.

» EMPLOYMENT HISTORY

- Currently working as the Head Coach and Nutrition Consultant in FITNESS JUNKIE, ANAND VIHAR for the last two and a half years.
- Six years' experience as Strength and Core Training Coach in VICTORIOUS GYM, ANAND VIHAR.
- Two years' experience in NUCLEUS GYM, PITAMPURA.

» ACHIEVEMENTS

- Secured 1st position and grabbed Gold in MR. GHAIJIBAD, Dec 2016.
- Secured 2nd position in MR. DELHI COMPETITION, 2015.
- Secured 2nd position in OPEN DELHI BODY BUILDING COMPETITION.
- Secured 2nd position in NORTH INDIA BODY BUILDING COMPETITION.

» PROFESSIONAL QUALIFICATIONS

- A two month professional course in Personal Training from Gold Gym, Karol Bagh, Delhi.
- Knowledge of Nutrition Health Care.
- Basic knowledge of Kick Boxing.

» EDUCATION

- 10th passed from C.B.S.E
- 12th passed from C.B.S.E

» PERSONAL DETAILS

- Spoken Languages: English, Hindi.
- Hobbies: Reading and Travelling.
- Date of Birth- January 4th 1988.