

Curriculum Vitae

KAMRAN KHAN

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FITNESS PROFESSIONAL

Fitness Manager | Personal Trainer | Fitness Instructor

Summary

I have 12 years experience in a wide range of health & fitness training. Using my knowledge of the human physique, muscle groups and anatomy, and my formal training in Cross Fit Training, Mobility & Flexibility Training, Core Conditioning & Posture Training, I have developed training programme and also nutrition/meal plans for more than 500 clients since 2012. I have also held lead responsibility for training trainers and ensuring quality control. I have worked in high-end gyms within and outside Pakistan, catering to a largely elite clientele. I am skilled in marketing and client management. My ability to present fitness programme and packages to suit individual client needs has helped expand client portfolios. The quality training provided by me has achieved high levels of client satisfaction. I have also been responsible for gym management, including planning & prioritizing gym activities and maintaining high standards of world class equipment and a clean environment.

I lead by example. I am passionate about my work and regularly give more than 100% to it. I have excellent training and communication expertise. My people skills and team management abilities have made me popular among clients and colleagues.

Experience

01 August 2023 - Till date

Personal Trainer

- PAF Asghar Khan Academy • Risalpur
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Working as a personal trainer, providing instruction on exercise techniques and strength training exercise, ensure safety of clients an engaging atmosphere.

13 August 2022 - July 2023

Personal Trainer/GX Instructor

- TriFit Limited
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In addition to working as a personal trainer, working as a group class instructor, providing instruction on exercise techniques and strength training exercise, ensure safety of clients and create an engaging atmosphere and motivational speaking.

February 2021 - August 2022

Personal Trainer

- Freelance
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Due to Covid-19, I have developed remote systems of personal training. I use FaceTime, Zoom and other remote apps to instruct clients. I also do personalized home training as clients are hesitant to take the health risk of using gyms.

November 2018 - February 2021 Assistant Fitness Manager
• Vostro World • Islamabad

In addition to working as a personal trainer/fitness instructor, I was responsible for supervising and developing a team of trainers. I managed client relations and was responsible for marketing fitness packages & services. I also looked after the gym's operations, including equipment maintenance and providing a safe & conducive environment for workouts.

June - August 2018 Personal Trainer • Fitness Instructor
• Gold's Gym • Dubai • UAE

I developed personalized fitness training & nutrition plans based on individual client goals. I also instructed clients on safe, effective exercises according to their personal goals and physical ability, and also tracked client progress.

July 2017 - May 2018 Fitness Manager
• Vostro Klub • Sargodha

In addition to working as a personal trainer and fitness instructor, I was responsible for managing the operations of the club, maintaining equipment, and ensuring workout areas met high standards of cleanliness. I also provided customer service, and was responsible for attracting and retaining clients.

June 2016 - June 2017 Personal Trainer
• World Gym • Islamabad

As a personal trainer & fitness instructor I developed personalized training programmes based on client needs. I also used my expertise in free weights and training equipment to advice clients on using them safely and effectively to meet their fitness goals.

October 2015 - June 2016 Fitness Instructor
• Fit Mark • Lahore

As a fitness instructor, helping clients define & meet their personalized fitness goals.

December 2012 - October 2015 Fitness Instructor
• Vostro Klub • Islamabad

As a fitness instructor, helping clients define & meet their personalized fitness goals.

International Certifications & Trainings

- April 2023 BODYCOMBAT Certified Instructor (LES MILS)
- February 2023 BODYBALANCE Certified Instructor (LES MILLS)
- October 2022 Sleep therapist (SHEHATU)
- September 2019 Health & Fitness Professionals Academy (HFPA)
Certified, Level 3 (Identity #35202-4800014-3)
- October 2017 International Fitness Professional Association (IFPA)
Certified, Level 3, (IFPA Certification # 352715)
- 2018 Basic Life Support (BLS) Training

Personal interests

I occasionally do professional modelling including runway modelling and photoshoot . I am also interested in cricket, digital apps and music.

Achievements

- PT of the Month February 2023.
- PT of the Month January 2023.
- PT of the Month December 2022.
- Attendance & Punctuality Award for 6 Months 2022-23.