

# Mohamed Adel

## Strength and conditioning specialist

### Contact Me

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### Skills

- Load planning.
- Rehabilitation techniques.
- Program development.
- Knowledge of kinesiology.
- Fitness assessments.
- Designing Exercises programmes.
- Human anatomy understanding.

### Courses

- CPT from Facts Academy 2017.
- CSCS from IASST 2018.
- Rehabilitation from IASST 2018.
- Resistance training program. - design workshop at CDC.
- Fundamental movements workshop CDC.
- Plyometric speed and agility workshop.
- function training work shop TFC.
- CPT NASM Course 2023.
- strength and conditioning specialist cdc 2023

### Work Experience

-Player in the Karate Egyptian national Team 2016/2017.

-Trainer to many players of the karate Egyptian national team.

AAchieved as a s.c.s

3 gold medal Africa championship

1 selvar medal Africa championship

4 Bronze medal Africa championship

2 Selvar medal youth Leg championship

-Sports injury rehabilitation specialist in the judo Egyptian national team.

-strength and conditioning specialist at:

Mokattam Club, Cairo

Al-Rabat Club,

Zohour club.

Fitness Trainer at Extreme Gym, Giza

Fitness Trainer at Energy Gym, Cairo

Fitness Coach at El gezera Young's center, Cairo

Training the karate team and many players achieved impressive results and joined the national team.

Freelance fitness coach

Helping people to reach their goals of getting the perfect body with a distinctive level of physical fitness.

### Education

Bachelor degree in Physical Education department of Movement sciences, Helwan University 2019