



# BISHOY MOSSAD

I am a licensed health and fitness expert specializing in creating exercise programs to fit each client's individual strengths and needs. With energy and determination, I effectively push my clients to achieve their fitness goals.

## SKILLS

- CLASSIS :-
- -FUNCTION TRAINING
- -CALLISTHENICS
- -CROSSFIT
- -AIROBICES
- -TABATA
- -ABS ON FIRE ( CORE )
- -BODY WEIGHT
- \*BODYBUILDER
- \*CLASSIC PHYSIQUE
- \*PHYSIQUE
- -FITNESS MODEL

## PERSONAL DATA :

**Date of Birth : 26/09/1996**  
**Marital Status : Single**  
**Nationality : Egyptian**  
**Known Languages : English and Arabic**  
**Religion : Christian**

## EXPERIENCE

- -iSSA "certified Fitness trainer "
- -Personal Trainer ( P.T )
- -best floor in "wadi degla" 2yaeer (2021-2022)
- \*functional training :-
- ( fundamental movement )
- ( kettlebell and TRX )
- ( callisthenics and body weight )
- ( dysfunction movement )
- -The rule of the sports company in the artillery corps of the army and the best harmonious body in the class of 2019


## EDUCATION


**CAIRO HIGHER INSTITUTE**  
BACHELOR OF COMMERCE ACCOUNTING  
DEPARTMENT (2018)


## TECHNICAL SKILLS


Classis ( Crossfit \_ airobices \_ Tabata \_Abs on fire \_ claining )

## CONTACT

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 [Bishoy.M.boyka](https://www.facebook.com/Bishoy.M.boyka)

 [Boykaa\\_moves](https://www.instagram.com/Boykaa_moves)

 8 MOUNIR NEIGHBORHOOD  
\_ABDEL MONEIM RIAD  
STREET  
ELGAMALIA \_CAIRO EGYPT