



AHMED ATEF FOUAD

*Strength and conditioning
Specialist*

CONTACT

 01021185669

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 Queisn, Menufia, Egypt

EDUCATION

University

Studying in Forth year at Faculty of Sports Science, Benha University

CERTIFICATIONS

- Strength and Conditioning Specialist course from Coach Development Center (CDC), March 2024

SKILLS

- Good user of Windows, Word, Excel.
- Communication skills
- Ability to work with a team
- Problem-solving skills
- Organization and time management skills
- Ability to learn, analyze, work under pressure
- Weight management
- Exercise modification/injury prevention

PROFILE

I am a Strength and Conditioning Coach with experience in helping clients committing to health and fitness goals, and get into shape through proper diet, exercise, rest and stress management.

WORK EXPERIENCE

City club Academy, Benha

October 2023 - Present

- Football Coach

Future Academy, Agayzah

July 2022 - October 2023

- Fitness Coach

Power Horse Gym, Shebin El-Kom

November 2023 - February 2024

- Strength and Conditioning Coach