

Abdelrahman Mohamed Amer

Personal Fitness Trainer – Football Player Strength and Conditioning specialist

ABOUT ME

Over a 6 year career of Spirited Personal Fitness Trainer with Weight Management expertise and Ability to motivate Others Toward Accomplishing Weight Loss and Fitness Goals, Designs Classes to match skill and learning levels of all participants, Skilled in personal Program Development and Individual life and body assessments.

CONTACT



Egypt



+20 114 610 3080 +20 155 055 3081



Abdelrahmanamer080@gmail.com

SKILLS



HOBBIES







WORK EXPERIENCE

Coach Assisstant – Football Player Sporting Castle Club

Helped in promoting the Club from Third to the Second Egyptian League.

Fitness & Personal Trainer

3B Fitness Gym

- Designed Specific workout systems for +100 individuals clients, based on performance ability.
- Provide clients with safe and reasonable exercises to perform at home or at gym.
- Train Clients on variety of strength training, cardio vascular exercises and stretching techniques.

Fitness & Personal Trainer

RE-BUILD Gym

- Designed Specific workout systems for +100 individuals clients, based on performance ability.
- Provide clients with safe and reasonable exercises to perform at home or at gym.
- Train Clients on variety of strength training, cardio vascular exercises and stretching techniques.

EDUCATION

Bachelor of Commerce | 2020

Faculty of Commerce – Tanta University.

NASM - CPT | 2022

Certified Personal Trainer

Coach development center - Cscs | 2024

Certified Strength and Conditioning specialist

Referrals

Furnished Upon Request.