



AHMED GAMAL SALAMA

personal trainer

About Me

i was born in 2000 and raised in cairo , then i joined faculty of commerce 'arabic section' cairo university ,,now i graduated



01098670855



ag7171391@gmail.com

WORK EXPERIENCE

town gym

3 years as a personal trainer

1 year as a head coach

LANGUAGE

English

EDUCATION

cairo university

**Bachelor of Business Management
2014-2023**

EXPERTISE

- **certified personal trainer 'issa' 2022**
- **functional training coach 'cdc' 2024**
- **nutrition'coursera' 2022**

SKILLS SUMMARY

- **good level of physical fitness**
- **responsible attitude to health and saftey**
- **flexible attitude at work**
- **the ability to work under pressure**
- **good knowledge of nutrition , diet planning and suuplments**
- **i have ability to adabt**
- **good communication skills for explaining techniques and movements clearly**