



MOHAMED ASHRAF

Personal trainer

☎ 01206994852

✉ mohammed.ashraf97@gmail.com

📍 From El-Mahalla El-Kubra lives in Cairo

EDUCATION

Physical Education
Mansoura University
2015 - 2019

SKILLS

Team work
Time management
communication
Leadership
Work under stress
Client relations

LANGUAGE

English
Arabic

COURSES

- Certified personal trainer NACM - 2023 DEC
- Certified function training CDC - 2024 FEB
- Function training workshop TFC - 2023 JUN
- kettlebell and TRX workshop CDC - 2024 FEB
- Movement Dysfunction and correction workshop CDC
- Calisthenics and Bodyweight Biomechanics Based workshop CDC - 2024 FEB
- Fundamental movements \ Training phase and programming workshop CDC

WORK EXPERIENCE

- Personal trainer, Pump Gym El-Mahalla
2016 OCT - 2018 JUN
- Personal trainer Number1 Gym El-Mahalla
2018 JUN - 2022 JUL
- personal trainer Titanium Shark gym El-Kuwait
2022 AUG - 2022 NOV
- Personal trainer Balance Gym Cairo
2023 JUL - present

RECENT SPORTING ACHIEVEMENTS

- First place Gharbih Championship bodybuilding ,
60 - 65 kg 2018/2019
- First place republic Championship bodybuilding,
65kg 2019, under 23 years old
- Third place in the Republic Championship bodybuilding,
70kg 2021 / 2023
- Fourth place in the Egypt Cup Championship , 65kg 2019
- Fourth place in the Republic Championship,
first class 65 kg 2020
- Second place is of Mansoura University Championships in boxing
56 kg 2015/2016