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LANGUAGES

Arabic
English

ACTIVITIES AND EXPERIENCES

CROSSFIT TOURNAMENT (2022 and 2023)

- Participating
- Function training

MUSTAPHA ADEL

WORK EXPERIENCE

FUNCTIONAL TRAINER/CROSSFIT COACH

November 2023 – Present
AOS GYM

- Preparing training modules for both casual and professional.
- Using effective training methods to improve posture and technique.
- Continuously monitoring to teaching appropriate sessions based on client needs and actively encouraged clients.
- Lead CrossFit classes for different skills levels and different lengths of time.
- Create routines that cater to varying goals and skills levels.
- Motivate students to work hard and continue coming to class to improve their health
- Demonstrate proper form and technique
- Offer additional support to help athletes achieve their fitness goals.
- Ensure classes are effective, safe and fun.
- Develop and maintain strong relationships with current athletes and convert potential athletes.

FUNCTIONAL TRAINER/CROSSFIT COACH

May 2023 – November 2023
Befit GYM

- Preparing training modules for both casual and professional.
- Using effective training methods to improve posture and technique.
- Continuously monitoring to teaching appropriate sessions based on client needs and actively encouraged clients.
- Lead CrossFit classes for different skills levels and different lengths of time.
- Create routines that cater to varying goals and skills levels.
- Motivate students to work hard and continue coming to class to improve their health
- Demonstrate proper form and technique
- Offer additional support to help athletes achieve their fitness goals.

FITNESS COACH

Nov 2022 – April 2023

CLUB S GYM, BEVERLY HILLS, SHEIKH ZAYED

- Instructs participants individually and in class settings in maintaining exertion levels to maximize benefits from exercise routines. Observes participants and informs them of corrective measures to help them improve their skills. Monitors participants progress and adapts programs as needed.
- Provides students with information and resources regarding nutrition, weight control, and lifestyle issues.
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FITNESS COACH

Mar 2022 – Oct 2022

WORLD GYM, HELIOPOLIS

- Preparing training modules for both casual and professional.
- Using effective training methods to improve posture and technique.
- Continuously monitoring to teaching appropriate sessions based on client needs and actively encouraged clients.

FOOTBALL ACADEMY COACH

Sep 2019 – Mar 2020

BARCELONA ACADEMY, PALM HILLS, 6TH OF OCTOBER CITY

- Preparing training modules for both casual and professional.
- Using effective training methods to improve posture and technique.

FITNESS COACH

Mar 2019 – Mar 2020

GOLD'S GYM BEVERLY HILLS SHEIKH ZAYED

- Maintained client records of program participation and fitness schedules.
- Conduct individual fitness inductions, assessments, programs and testing for current and potential clients.
- Continuously monitoring to teaching appropriate sessions based on client needs and actively encouraged clients.

FITNESS COACH

Mar 2018 – Mar 2019

H2O GYM, DOKKI

- Supervised clients using range of equipment to ensure health, safety and optimum results.
- Coached clients to boost their quality of life through regular exercise regimes tailored to needs and abilities.

EDUCATION

STRENGTH & CONDITIONING

2024

CROSSFIT LEVEL 1 TRAINER

2022

CFT COURSE

2020

ISSA

BACHELOR – PHYSICAL EDUCATION

2019

HELWAN UNIVERSITY, CAIRO

SKILLS

- Health and fitness evaluation
 - Physical training
 - Sports techniques and strategies
 - Client communication and service
 - Leadership
 - Athletes' strength and conditioning
 - Nutrition planning
 - Sports program design
 - Athletes trainer
 - Performance Coach
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