

Omar Tharwat

MOVEMENT COACH



About Me

I am a certified fitness coach who is passionate about sports and movement in general. I love to share this passion with people, making them evolve and push their limits. My goal is to make the people I train move better and feel better in their body. I created a program dedicated to that purpose, called "movement addict". It combines functional training with animal flow, cardio and mobility.



omarsarwat96@gmail.com



0111 5229189



omar_sarwat_

Education

(2014 - 2019) Bachelor's degree in business administration, Ain Shams University - French Department

Nermine Ismail School (NIS)

Sports

Taekwondo - Climbing - Biking - Running
Marathons - Swimming - Parachuting - Diving -
Gymnastics

Skills

Mobility training	★★★★★
Strength & conditioning	★★★★★
Yoga	★★★★☆
Cardio & HIIT	★★★★★
Nutrition programs	★★★★☆
Personal training	★★★★★
Collective classes	★★★★★

Experience

- (2022 - Present)
- Mobility and fitness Coach at Vigour Gym (New Cairo):
 - Leading mobility group classes
 - Personal trainer
 - EL FIT event Organizer and Jury.

Certificates

- Certificate in strength and conditioning from IASST
- Plyometrics Advanced
- Speed and agility
- Certificate in Free Diving - Aida
- Certificate Scuba Diving Advanced Level
- First Aid certificate from Red crescent