

Youssef Alaa

Gym Coach & Personal Trainer

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📷 instagram.com/youssef_alaa51

PROFESSIONAL EXPERIENCE

Worked as a Personal Trainer and Fitness Coach at Gymyano Gym for 1 year and 6 months, where he assisted clients in achieving their fitness and body transformation goals through personalized workout programs, proper exercise guidance, and nutrition support. Experienced in client follow-up, body composition assessment, and improving overall lifestyle habits and performance.

Currently working as a Personal Trainer and Fitness Coach at Phantom Gym, conducting personal training sessions and creating customized strength training, fat loss, and muscle-building programs. Skilled in motivating clients, tracking progress, providing sports nutrition guidance, and helping clients maintain healthy and consistent fitness lifestyles.

EDUCATION

Bachelor of Commerce

Faculty of Commerce — Alexandria university

Currently pursuing a degree in Commerce while developing professional experience in fitness coaching, personal training, and sports nutrition. Skilled in communication, client management, and performance-focused coaching.

COURSES

- Certified Personal Trainer (Gym Coach) — PBLS Academy
- Sports Nutrition Specialist — PBLS Academy
- Certified Personal Trainer — TASS Academy of Sports Science
- Sports Nutrition Specialist — TASS Academy of Sports Science
- Certificate of Experience — TASS Academy of Sports Science

SKILLS

- Personal Training & Fitness Coaching
- Exercise Programming
- Strength & Conditioning
- Sports Nutrition & Meal Planning
- Fat Loss & Muscle Building Strategies
- Client Assessment & Body Composition Analysis
- Gym Floor Coaching
- Client Follow-up & Progress Tracking
- Performance Improvement Strategies
- Healthy Lifestyle Coaching
- Communication & Motivation Skills
- Teamwork & Client Relationship Management
- Time Management
- Problem Solving
- Customer Service Skills

LANGUAGES

Arabic



English

