

Mohamed Fawzy Mohamed Ali

Certified Personal Trainer

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PROFESSIONAL SUMMARY

Certified Personal Trainer with over 7 years of experience in fitness programming, strength training, and nutritional guidance. Proven track record of helping clients achieve diverse fitness goals through personalized workout plans and data-driven progress tracking. Expert in injury prevention and biomechanics.

WORK EXPERIENCE

Senior Personal Trainer

2022-08 - 2025-09

Oxygen GYM

- Design and implement customized high-intensity training programs for a diverse client base.
- Conduct comprehensive fitness assessments and body composition analysis to tailor training protocols.
- Provide expert nutritional coaching to optimize client performance and recovery.
- Monitor client progress using advanced tracking metrics, ensuring consistent goal attainment.

Personal Trainer

2018-07 - 2022-07

Abo Fandy GYM

- Managed a portfolio of 20+ active clients, delivering personalized strength and conditioning sessions.
- Educated clients on proper exercise techniques and equipment usage to minimize injury risks.
- Developed specialized fitness programs for adolescents, focusing on foundational movement and strength.
- Facilitated group fitness classes and one-on-one coaching sessions.

CERTIFICATIONS

Certified Personal Trainer (A+) (TASS Academy) 2026-02

Certified Nutrition Specialist (TASS Academy) 2026-02

Workshop - Strength Training For a Children and an Adolescents (TASS Academy) 2026-01

Workshop - Fitness Assessment Philosophy (TASS Academy) 2026-02

SKILLS

Fitness Assessment

Strength Training

Nutritional Guidance

Exercise Programming

Progress Tracking

Injury Prevention

Program Design

Client Assessment

Advanced Computer Skills

Microsoft Word & Office Suite

Video & Photo Editing Software

LANGUAGES

English: Intermediate

Arabic: Native