

OMAR DAHAB

Certified Personal Trainer and Nutrition Coach

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SUMMARY

Certified Personal Trainer and Nutrition Coach with 8+ years of experience designing customized fitness and nutrition programs. Specialized in weight loss transformation, athletic performance enhancement, and injury prevention. Successfully coached 20+ elite athletes to national and international medals, achieving up to 15% body fat reduction and 10% performance improvement. CPR and First Aid certified. Expert in functional training, client retention, and motivational coaching.

EDUCATION AND TRAINING

Faculty Of Physical Education

Alexandria, Alx

Bachelor Of Physical Education: Sports Management

EXPERIENCE

Personal Trainer & Nutritionist, Self Employed

01/2021 – Present

- Coached 20+ elite athletes, helping them achieve international medals and consistent performance increases of 10-15%.
- Developed over 100 individualized training and meal plans aligned with peak season periodization.
- Reduced athlete injury rates by 30% through corrective and preventive protocols.
- Conducted ongoing assessments and adjusted programs based on biometric progress.
- Developed personalized nutrition plans for diverse client needs.
- Monitored client progress and adjusted plans as needed.
- Facilitated group workshops on nutrition topics and healthy living.
- Collaborated with healthcare professionals to enhance client care strategies.
- Coached clients on setting realistic goals that are achievable within their lifestyle.
- Developed personalized nutrition plans for clients based on their goals and lifestyle.
- Educated clients about the importance of eating a balanced diet and incorporating physical activity into their daily lives.
- Recommended appropriate supplementation when needed based on scientific evidence.

Alexandria, Alx

Personal Trainer, Tolip Alexandria Hotel

09/2019 – 11/2020

- Designed personalized fitness programs for diverse client needs.
- Conducted one-on-one training sessions to improve client performance.
- Provided nutritional guidance to support client health goals.
- Monitored client progress through regular assessments and feedback.

Alexandria

Personal Trainer, Egyptian Navy Club

10/2018 – 12/2019

Alexandria

- Delivered strength and agility programs to 0+ young athletes, resulting in a 20% improvement in agility testing.
- Conducted team-based sessions focused on goal-specific outcomes and injury prevention.
- Monitored athlete performance and implemented strategic recovery sessions.

SKILLS

- | | | |
|----------------------------------|----------------------|--------------------------|
| • Nutritional assessment | • Program design | • Health coaching |
| • Client relationship management | • Team collaboration | • Problem solving |
| • Effective communication | • Gluten-free diets | • Childhood nutrition |
| • Organic foods | • Cooking techniques | • Heart health |
| • Meal planning | • Biometric analysis | • Performance monitoring |
| • Dietary education | • Goal setting | • Time management |
| • Client assessment | • Obesity prevention | • Nutrition |
| • Weight management | • Sports nutrition | |

LANGUAGES

Arabic

First Language

English

Upper Intermediate (B2) B2

CERTIFICATIONS

Alison Diploma (Certified Fitness Trainer)**ACE Certified Personal Trainer****ACE Nutritionist**

PALS (Pediatric Advanced Life ACLS (Advanced Cardiovascular First Aid - Save a Life Support) - Save a Life, 2025 Life Support) - Save a Life, 2025

ACLS (Advanced Cardiovascular Life Support) - Save a Life, 2025

First Aid - Save a Life**CPR (Cardiopulmonary Resuscitation) - Save a Life**