



Yomna Ahmed Said

Fitness trainer

WORK EXPERIENCE

Fitness Floor Trainer – Smart Gym(2022-2023)

Trained new clients on resistance and cardio equipment.
Designed beginner workout programs based on individual fitness levels.
Monitored exercise technique to ensure safety and prevent injuries.
Provided basic nutrition and lifestyle guidance to support consistency.

Fitness Floor Trainer –Pro Gym (2024-2025)

Conducted orientation sessions for new members explaining resistance and cardio machines.
Designed and adjusted daily workout plans according to client goals and fitness levels.
Supervised training sessions to ensure correct exercise execution.
Reduced injury risk through continuous form correction and guidance.

Fitness Floor Trainer – Vip Gym (2025-2026)

Built positive relationships with clients to improve retention and motivation.
Conducted body composition assessments using InBody and explained results.
Assisted in organizing group fitness activities and gym events.
Supported daily gym operations and member engagement.

COURSES

- ▣ Certified Personal Trainer
- ▣ Sports Nutrition Specialist,
from Training Academy for Sports Science “TASS UK”
- ☑ Approved provider :
- ▣ ACE “American Council on Exercise”
- ▣ IFFC “INTERNATIONAL FEDERATION OF FITNESS COACHES”
- ▣ IOHS “INTERNATIONAL ORGANIZATION OF HEALTH AND NUTRITION SCIENCES”
- ▣ Faculty of Sports Science and Technology – London international university .
- ▣ Ministry of Youth and Sports of Egypt.
- ▣ Accredited by the Arab and Egyptian Federation for Sports Culture (ASCA)
- special population Training workshop
- Fitness Test &Program Design Workshop
(New Life Academy Of Sports Science)(NLASS)2026
- "Ramadan Training" Workshop (Origin Education) 2026
- Anatomy, Physiology and Kinesiology for Fitness Professions |
NLASS - New Life Academy of Sports Science (UK) | May 2024

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PROFILE SUMMARY

Certified Fitness Trainer with 3+ years of experience in gym coaching, strength training, and cardio training. Skilled in designing personalized workout plans, client assessment, injury prevention, and body composition analysis (InBody). Passionate about helping clients achieve fitness goals in a safe and motivating training environment.

CONTACT

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Location : JEDDAH , SAUDI ARABIA

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DATA

Date of birth :17\6\1997

Nationality : Egyptian

Marital Status : married

EDUCATION

Graduated from : Damanhur University
College of Commerce.

Graduation Year : 2019

SKILLS

Technical: Fitness Assessment,
InBody Analysis, Workout Program
Design, Exercise Form Correction,
Weight Training, Cardio & HIIT.

Soft Skills: Client Retention,
Communication, Motivation,
Problem-Solving, Teamwork.