UMESH KAUSHIK

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⚑ H.no: 604/52 Ravi Nagar extension, near sec 9, Gurugram

Professional Summary:

Spirited Personal Fitness Trainer with 6+ years of experience in management expertise and ability to motivate others toward accomplishing weight loss goals. Designs classes to match skill and learning levels of all participants. Skilled in personal program development and individual life and body assessments.

Skills:

- Fitness Instructor
- Health and wellness
- Exercise program design
- Coaching
- Knowledge of human anatomy
- Nutrition principles
- Weight management
- Healthy living role model
- Personal Trainer
- Fitness goals establishment
- Organized scheduling
- Health and nutrition expert
- Active lifestyle
- Weight management

Work History:

- 2.6years worked with **Cult force fitness gym**
- Year of experience in **World Gym** as a personal coach along with 8 months of experience in **Eagle Fitness**
- Developed, planned, and led personal and group fitness sessions as well as well-known specialty fitness programs
- Trained clients during strength training, cardiovascular exercise and stretching.
- Built customer loyalty by executing effective completion of training initiatives
- Taught clients how to properly operate exercise equipment
- Educated customers on preventative care, nutrition, fitness, stress management and ergonomics.
- Developed organization systems for personal fitness plans, records and contracts
- Designed specific workout systems for individual clients based on performance ability.
- Organize all exercise equipment and ensure compliance with all gym policies among other employee's guests and members.

Additional Activities:

o   Have a very keen interest in photoshoots and modelling.
o   Created the individual workout programs.
o   Good in Volleyball and Table Tennis
o   **Hobbies**: Travelling, Fitness, Listening Songs

Qualification:

- o   Matriculation (2011-13) _ HBSE
- o   Intermediate Education (2017-18)
- o   Diploma in Medical Lab Testing

Umesh Kaushik
Signature