

Hemant kumar

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Email ID: hemantkumar56007@gmail.com

Date of Birth: 04-11-1997



Professional Profile

To motivate and guide individuals in achieving their fitness goals, promoting a healthier lifestyle through personalised training programs.

"To optimise athletes' physical abilities and performance through evidence-based training programs, injury prevention strategies, and sports-specific conditioning

Professional Experience

Emerald, gym | 2022

Developed individualised exercise programs consisted with the members personal fitness and exercise goals

Provided hospitality to all members

Helped maintain equipment and general studio cleanliness during and after class

Bodygram ,gym | 2023

Check all gym equipment for proper use and functions, minimising, accidents or malfunctions

Create a weight training programs,and also build a dynamic program that works for their personal needs

Motivate clients to continue their health journey beyond the gym and get involved in a healthy diet as well

Cultfitness ,gym | 2024

Designed and implemented personalized fitness programs for a diverse clientele, ranging from beginners to advanced athletes, resulting in measurable improvements in strength, endurance, and overall fitness levels

Professional Qualifications

2023 -Certified Personal Trainer with a Diploma in Personal Training from K11 School of Fitness Sciences, Delhi..

Educational Qualifications

2020 - Bachelor of arts - Hari om saraswati degree college,dhanauri, haridwar..

2017 - Higher Secondary Education - NIOS,national institute of open schooling,uttarakhand, haridwar.

2015 - Secondary Education - NIOS,national institute of open schooling, uttar pradesh saharanpur..

Additional Certifications / Social Certifications

28-01-2024 - Level 4 Certified Fitness Trainer from the Sports, Physical Education, Fitness & Leisure, Skill Council

25-08-2023 - Certificate for Cardiopulmonary Resuscitation (CPR) & Automated External Defibrillator (AED)

Professional Memberships held

Reps india

Technical Skills

National institute of electronic and information technology (NIELIT). CCC Course on computer concepts, Advance, excel.

Personal Skills

Effective monitoring.

Great client motivator.

Problem solver

personal trainer

Personal Details

Languages Known: English, Hindi

Nationality: Indian

Permanent Address: Laxman singh colony ,near mission compound, saharanpur,247001.