

# AML AHMED SALAMA

## Personal Trainer & Fitness Coach

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📍 elwrdayan, Alexandria, Egypt

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### ABOUT ME

I'm a passionate and certified fitness and Zumba coach with over 10 years of experience in group training and personal fitness programs. I focus on motivating clients, improving performance, and promoting healthy lifestyles. I hold several international certifications from ISSA and the Egyptian Federation of Bodybuilding and Fitness, and I'm always eager to keep developing my skills and knowledge in the fitness field.

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### EDUCATION

Alexandria University | 2014 - 2018

Bachelor in Accounting - Good

Faculty of Commerce

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### WORK EXPERIENCE

**Karam Gaber Sports Academy – Personal Trainer & Fitness Coach** **August 2023 – Present**

- Conduct group and personal training sessions for diverse client levels.
- Design customized workout and nutrition plans to support client goals.

**Pharos Sports Academy – Personal Trainer & Fitness Coach** **January 2023 – Present**

- Lead high-energy fitness and Zumba classes focused on endurance, strength, and flexibility.
- Provide one-on-one coaching and performance evaluation.

**Sport Gym – Personal Trainer & Fitness Coach** **January 2023 – September 2023**

- Delivered personalized training sessions and group workouts.
- Supported client progress tracking and motivation.

**Smouha Club – Fitness Coach** **2022**

- Designed fitness programs and supported club members in achieving physical goals.

**Harby GYM – Fitness & Zumba Coach** **December 2012 – July 2022**

- Managed multiple group sessions and coordinated fitness events.

**Ladies GYM – Fitness Coach** **December 2019 – September 2021**

- Focused on women's fitness programs with attention to strength and body conditioning.

**Noga GYM – Fitness Trainer** **July 2017 – October 2019**

- Conducted full-body fitness sessions and improved client satisfaction rates.

**Previous Workplaces:**

Warrior GYM • Leader GYM • Marital Arts Academy

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**CERTIFICATIONS & PROFESSIONAL DEVELOPMENT****TASS (The Academy of Sports Science)**

- Certified Personal Trainer (PT)
- Certified Fitness Trainer (CFT)
- Certified Nutrition Specialist

**ISSA – International Sports Science Association**

- Certified Nutritionist
- Certified Elite Trainer
- **Certified Personal Trainer**

**International Development Association**

- Certified Injuries, Rehabilitation, and Massage Program
- Certified Cupping Workshop

**Egyptian Federation of Bodybuilding & Fitness**

- Certified Trainer Training Program
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**SOFT SKILLS**

- Communication & Active Listening – Expert
- Negotiation & Persuasion – Advanced
- Time Management & Organization – Intermediate
- Teamwork & Collaboration – Advanced
- Adaptability & Flexibility – Advanced
- Problem Solving – Intermediate