**VINAY GUPTA**

8-XXX, Narayanguda, Hyderabad, Telangana 500027.
Mobile Number: 9452XXXX50.
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**Profile Summary**

Experienced gym trainer dedicated to helping clients reach their fitness goals. With over 5 years in the field and solid knowledge in exercise science, nutrition, and personalized training programs. I specialize in creating tailored workouts that encompass strength training, cardio, and flexibility exercises.

**Professional Experience**

**Fitness Trainer at XYZ Fitness Centre, Hyderabad**
**[01 Jan 2018 to 31 Mar 2021]**

* Develop and implement personalized fitness programs for clients based on their individual goals, fitness levels, and medical history.
* Conduct comprehensive fitness assessments to evaluate clients’ strengths, weaknesses, and areas for improvement.
* Instruct clients on proper exercise techniques, equipment usage, and safety protocols.
* Provide ongoing support, motivation, and education to help clients stay committed to their fitness journeys.
* Collaborate with nutritionists to create holistic wellness plans for clients seeking weight management or dietary guidance.
* Conduct group fitness classes, including high-intensity interval training (HIIT), circuit training, and boot camp.

**Personal Trainer | ABC Gym, Hyderabad**
**[01 Apr 2021 to present]**

* Led one-on-one and small group training sessions, focusing on strength training, cardiovascular fitness, and flexibility.
* Monitored clients’ progress and adjust training programs accordingly to ensure continuous improvement.
* Organized and led fitness workshops and seminars on topics such as nutrition, goal setting, and lifestyle changes.
* Established positive and professional relationships with clients, fostering a supportive and motivating training environment.

**Fitness Specialist Intern | XYZ Health Club, Hyderabad**
**[May 2018 – Jun 2018]**

* Assisted senior trainers in designing and implementing fitness programs for clients.
* Conducted fitness assessments and documented clients’ progress over time.
* Provided guidance on proper exercise form and technique.
* Contributed to the development of promotional materials and social media content to increase gym membership.

**Education**

Bachelor of Sciencefrom Aditya Degree College, in 2019 with an 8 GPA
Intermediate from Narayana Jr College in 2016 with an 8.5 GPA
10th Class from Gayatri Vidya Niketan in 2014 with 8.3 GPA

**Certifications**

* Diploma in Personal Training by XYZ Fitness Council
* Certified Personal Trainer (CPT) by XYZ Fitness Academy
* CPR and AED Certified by XYZ Fitness Institute

**Skills**

* Personalized Fitness Programming
* Strength Training
* Cardiovascular Conditioning
* Nutrition Counselling
* Goal Setting and Monitoring
* Motivational Coaching
* Group Fitness Instruction
* Client Relationship Management
* Fitness Assessment and Testing
* Time Management and Organization

**Professional Memberships**

* Member, National Strength and Conditioning Association (NSCA)
* Member, American Council on Exercise (ACE)

**Personal Details**

Gender: Male
Date of Birth: 21 Feb 1998
Father’s Name: Ashok Gupta
Nationality: Indian
Marital Status: Unmarried
Hobbies: Playing Football, Reading
Languages Known: English & Hindi

**References:** Provided upon request.

**Declaration**

I do hereby confirm that the information furnished above is true to the best of my knowledge and belief.

Place:
Date:

Signature.