**ARJUN PADALA**
H No: X-XXX, Madhurawada, Visakhapatnam, Andhra Pradesh 530048.
Mobile Number: 845XXXX215
Email ID: arjunpdlxx@gmail.com

**Career Objective**

Energetic and passionate fitness enthusiast seeking a challenging role as a professional gym trainer with the ability to plan personalized workout plans, conduct fitness assessments, educate about nutrition, and ensure safety in the gym. Enthusiastic about promoting a healthy and positive gym environment with my passion for fitness and wellness.

**Education**

* 2020-23: B.Com Computers from Aditya Degree College with 7.8 GPA
* 2018-20: Intermediate MPC from AVN Jr College
* 2018: 10th Class from Sri Vidya Niketan

**Certifications**

* Certified Personal Trainer by NASM, ACSM, ACE
* CPR and First Aid Certification from the Red Cross Society.

**Skills**

* Fitness Assessment
* Exercise prescription
* Strength training
* Cardiovascular training
* Flexibility training
* Nutrition Counselling
* Goal setting
* Client motivation
* Communication skills

**Volunteer Experience**

**Fitness Event Volunteer in Health & Fitness Expo India 20XX, Hyderabad, Telangana.**

* Assisted in organizing and executing fitness-related events.
* Provided support in managing event logistics and ensuring participant satisfaction.
* Engaged with attendees, answering questions about fitness and promoting a healthy lifestyle.

**Extracurricular Activities**

* Member of the………….. Fitness Club
* Organized fitness challenges and events on campus

**Personal Details:**

Gender : Male
Date of Birth : 20 Jan 2001
Father’s Name : Raghuram
Nationality : Indian
Marital Status : Unmarried
Hobbies : Gym, Swimming
Languages Known : English, Hindi & Telugu

**References:** Available upon request.

**Declaration**: I hereby declare that all the information provided above is true to the best of my knowledge and belief.

Place:
Date:

Signature: