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