**SANDEEP DESAI**  
Address: H No: XX-215, Ashok Nagar, Bangalore, Karnataka 560025  
Mobile Number: 7452XXXX20  
Email ID: [sandeepdsixx@gmail.com](mailto:sandeepdsixx@gmail.com)

**Career Objective**

A certified fitness trainer, seeking a personal trainer position to apply my expertise and enthusiasm for promoting a healthier lifestyle for individuals and groups. Dedicated to creating customized workout plans, educating them on proper exercise techniques, and weight management, and providing motivational support to help clients reach their fitness milestones.

### Certifications

* Diploma in Personal Training by XYZ School of Fitness Sciences.
* First Aid and CPR Certification By XYZ Training Institute.
* Human Performance Nutrition by XYZ Fitness Academy.

### Skills

* Fitness Assessment and Analysis
* Personalized Program Design
* Cardiovascular Conditioning
* Resistance Training
* Effective Communication
* Goal Setting and Monitoring
* Client Motivation
* Time Management

### Internship Experience

### **Fitness Intern** at XYZ Health Care Pvt Ltd, Bangalore May 2023 – Jun 2023

* Assisted in conducting fitness assessments and consultations.
* Designed and implemented individualized exercise programs.
* Instructed group fitness classes, emphasizing proper form and technique.
* Provided ongoing support and motivation to clients.
* Collaborated with senior trainers to optimize client outcomes.

### Projects

**Capstone Project: “Employee Wellness Challenge”**

* Developed a wellness program targeting stress reduction and fitness for busy professionals.
* Conducted workshops on desk exercises, stress management techniques, and healthy eating habits.

### Extracurricular Activities

* Member of the Health Point Fitness Club.
* Participated in local charity runs and fitness challenges.

### ****Personal Details:****

Gender: Male  
Date of Birth: 07 Mar 2000  
Father’s Name: Aravind  
Nationality: Indian  
Marital Status: Unmarried  
Hobbies: Reading  
Languages Known: English & Hindi

**References:** Available upon request.

**Declaration**: I hereby declare that the details furnished above are true to the best of my knowledge and belief.

Place:  
Date:

Signature.