



DIJITH KV

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Certified personal trainer with REPS certification with a focus on continuous professional development and staying updated with industry trends and passion for helping clients achieve their fitness goals. Adept at designing personalized workout programs, offering nutritional advice, and providing motivational support. Committed to promoting long-term health, injury prevention, and overall well-being."

Professional Experience

Lifeline fitness bahrain

Personal trainer

Helping clients to achieve their fitness goal through customized workout plans and nutrition advice

Roles : client handling , sales, coaching

- Currently working in lifeline fitness bahrain

New super gym banglore

Personal trainer

Worked for 2 years as personal trainer

- Provided one-on-one coaching sessions focused on weight loss, muscle gain, and endurance.
- Conducted fitness assessments and tracked clients' progress using body composition analysis tools

Education

IBIS INSTITUTE OF FITNESS STUDIES

Deploma in personal training

GVHSSTHS NERUVAMBRAM

Computer science (+2)

Key Skills

- Exercise Programming, Nutritional knowledge, injury prevention, communication, anatomy and physiology knowledge, first aid and cpr , business and marketing

Awarded certification

- REPS LEVEL 3 , IACET USA, PD APPROVAL, NSQF LEVEL 4, CPR AND AED

Interests

- Strength Training & Conditioning-Constantly exploring new techniques and methodologies to enhance physical performance and client results.
- Nutrition & Wellness-Passionate about staying updated on the latest trends in nutrition and incorporating them into holistic fitness plans.
- Personal Development-Committed to continuous learning through fitness workshops, seminars, and certifications to stay at the forefront of the industry.

References

Noushad - Manager, Lifelinefitness bahrain
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