



ALLAN H. KABALI

Location: Al Hidd, BAHRAIN

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PERSONAL DETAILS

DOB: 12.05.1992

NATIONALITY: UGANDAN

VISA: EMPLOYMENT

CPR: 920575730

LANGUANGE(S): ENGLISH – C1

DRIVING LICENCE: CODE B (UGANDA)

PROFILE

A highly self-motivated individual with over 8 years' experience in the fitness industry. Extensive knowledge in fitness assessment, exercise prescription, group fitness instruction, circuit training, HIIT and 1-on-1 personal training. Able-bodied and always looking for a challenge to enhance my skills and know-how. Adaptive to different kinds of environment, work different shifts and perform under pressure. Worked harmoniously and successfully with clients and associates from different backgrounds. Fluent in English.

EMPLOYMENT HISTORY

Trainer/Co-owner, Uptown Fitness, Vryheid

OCTOBER 2020 – PRESENT

Key Responsibilities

- Perform individual fitness assessments.
- Create individual and general fitness plans.
- Guide clients through safe exercise execution and gym equipment handling.
- Continuously assess and advise on any necessary changes in clients' fitness progress.

Key Achievements

- Set up and maintained the gym's online profiles on Facebook and Google Maps which have turned out to be very instrumental, with approximately 40% of our new clients finding out about us through our Facebook social media profile and online searches.
- Pioneered and oversaw free-to-public outdoor weekly workout sessions which helped create more awareness about the gym and bring in new and excited clients on a daily basis.
- Drafted generalised workout programs which proved helpful especially to clients new to training and couldn't afford a personal trainer to guide them.
- Introduced student discounts as an incentive to encourage more young, energetic individuals to join the gym. Our student clientele would become the main supportive factor during the winter months when gym business tend to slow down due to peoples' reluctance to keep working out during the cold, short days.
- Brought in dietary information and meal plan charts to the gym. These provided clients with fresh insight about the importance of healthy nutrition as part of their fitness regimen, saving a lot of people frustrations and discontinuation of their gym memberships for not seeing results or progress yet in ignorance of their eating habits.
- Led online training sessions with clients who couldn't physically make it to the gym for various reasons thus eliminating the business's geographical limitations of acquiring and maintaining clients in further places.
- Successfully mentored two more gym instructors who now help in the continued running of the business.
- Oversaw procurement, maintenance and repair of gym equipment ensuring a smooth running and steady growth of the business

Fitness Trainer, Zululand Fitness Centre, Vryheid

APRIL 2016 – OCTOBER 2020

Key Responsibilities

- Advised clients about safe exercise execution and gym equipment handling.
- Led group fitness classes as well as one-on-one training sessions.

Key Achievements

- Introduced highly effective 30-minute TABATA-style HIIT workouts to clients and prospective clients who would tend to think they couldn't incorporate gym into their tight schedules.

Administrative Assistant, Virgin Active, Durban

DEC 2015 – MARCH 2016

Key Responsibilities

- Supervised gym equipment maintenance.
- Provided safety assistance and guidance to clients.

EDUCATION

Trifocus Fitness Academy, South Africa

APRIL 2021 – JULY 2021

- Gym Instructor Certificate NQF 4

Meritorious Biztech College, Kampala, Uganda

JANUARY 2014 – MAY 2015

- Certificate in Graphic Design

SKILLS

Exercise Programming	★★★★★
Weight Training	★★★★★
High Intensity Interval Training	★★★★★
Fitness Assessment	★★★★★
TABATA	★★★★★
CrossFit	★★★★★
Boxing	★★★★★
Creativity	★★★★★
Business Management	★★★★★
Time Management	★★★★★
Problem-solving	★★★★★
Communication	★★★★★
Firefighting	★★★★★

HOBBIES

- Working Out
- Drawing
- Handyman Repairs