



Prasad Deshpande

Fitness Trainer

ABOUT ME

DATE OF BIRTH: 4 FEB 1997, Age: 23 Years

BIRTH PLACE: Nagpur, Maharashtra

PROFESSION: Fitness / Personal Trainer,
Nutrition Expert, Fitness/Fashion Model,
FOUNDER of HEALTHY KATTA & KHA KE
DEKH

CONTACT



#31, Gopal Nagar, 3rd Bus Stop,
Near Padole Hospital, Nagpur -
440022, Maharashtra



8806370792



prasaddeshpande9846@gmail.com

ACADEMIC BACKGROUND

2015 - 2017 BACHELOR DEGREE
Bachelor of Commerce
University of Nagpur

CERTIFICATION

Advanced Personal Training
Gold's Gym Fitness Institute (GGFI)

EMPLOYMENT HISTORY

2016 - 2020

- PLATINUM GYM, NAGPUR
- MARVEL GYM, NAGPUR

CAREER OBJECTIVE

I am a high energy Personal Trainer with 5 years' experience in personal and group fitness. Proven track record in motivating clients to safely achieve and build up their strength, weight gain and loss goals through effective training and nutrition plans.

I am an Advance Certified Trainer from GGFI. My passion is to help people change their lives in simplest and most realistic way.

I strongly believe that every new day is new opportunity to improve yourself. Take it, and make the most out of it.

SKILLS

- Conducting fitness assessments to establish client strength and skill level.
- Designing personalized programs to help clients achieve their goals.
- Educating and giving feedback to the client on proper technique.
- Monitoring clients' progress and keeping track of their results.
- Providing advice on health, nutrition and lifestyle changes.
- Maintaining a friendly and positive environment for clients to stay motivated.
- Communicating with clients on how to improve their fitness, strength, or physique.
- Developing new programs to retain clients and increase new gym memberships.

INTERESTS

- Sketching, Painting, Cooking
- Swimming, Photography
- Member and Vadak of Shivprathishta DholTasha Pathak