



# Mofida AL Ghazzouli

Damascus, +963 | 991425388

[toufee83@gmail.com](mailto:toufee83@gmail.com)

Accomplished fitness trainer with over 13 years of expertise in training individuals through private sessions and group classes. Specialized in cardio strength training, helping clients achieve their fitness goals. Profound knowledge in bodyweight techniques and cardio strength regimens, ability to offer tailored dietary plans to foster overall well-being.

## EXPERIENCE

### Online Fitness Trainer

Mar 2020 - Present

Self-Employed, Damascus

- Tailor personalized online fitness programs to meet the unique needs of over 50 players spanning Europe, America, and Asia adapting routines as necessary.
- Guide clients through virtual workouts, adapting exercises to accommodate individual fitness levels and equipment availability.
- Moderate regular one-on-one video sessions and discussions, providing motivation, confidence and diet plan to achieve their goals.

### Fitness Trainer

Nov 2016 - Present

Pro Gym Moualla, Damascus

- Execute personalized fitness programs for +200 players monthly, including X55, power, TRX, and cardio strength workouts, discarding in their joint and knee pain.
- Lead a comprehensive weight loss journey, guiding a client from 160 kg to 74 kg within one year and a half, resulting in consistent progress and successful outcomes.
- Incorporate a diverse range of aerobic exercises, music, and routines that kept participants motivated and excited, leading to increased participation rates.

### Aqua Trainer

Oct 2016 - Oct 2019

Pro Gym Moualla, Damascus

- Organized wellness workshops for +40 adults, teenagers and pregnant monthly, focusing on stress reduction and relaxation techniques by water-based exercises.
- Introduced a comprehensive performance tracking system, including regular assessments of cardiovascular, joints and neuro patients.
- Expanded aqua fitness class offerings by 100% within one year, leading to increased revenue and class attendance.

### Fitness Trainer

Jul 2016 - Present

Body Gym, Damascus

- Assist players in achieving weight loss goals, an average of 40Kg over a 7-month period through a combination of exercise and dietary recommendations.
- Deliver training sessions for over 100 players monthly, tailoring workouts to individual goals, resulting in notable client progress and positive feedback.
- Collaborate with nutritionists to provide holistic fitness guidance, integrating workout routines with dietary recommendations for players.

### Private Fitness Trainer

Jul 2016 - Present

Body Gym, Damascus

- Design personalized fitness plans for +16 players monthly, resulting in an average of 75% improvement in clients' overall fitness levels within a 3-month timeframe.
- Provide nutritional coaching to players, resulting in a documented average decrease in cholesterol levels and reduction in average blood pressure measurements.
- Participate with healthcare professionals to design specialized exercise for clients with chronic injuries, resulting in a documented increase in pain-free mobility for one year.

## **Coaches Manager**

Jul 2012 - Jul 2015

X Power Gym, Damascus

- Mentored athletes in skill development, sportsmanship, and body weight training, contributing to their personal growth both on and off the gym.
- Led and manage a team of 5 coaches, providing guidance, training, and performance evaluations to ensure consistent coaching quality.
- Implemented dynamic stretching routines that reduced client complaints of muscle tightness by 90%.

## **Fitness Trainer**

Jun 2012 - Jun 2016

Gym House, Damascus

- Achieved the development of specialized training programs for players with varying medical conditions, including cardiology, pulmonary, and joint issues.
- Motivated players through positive reinforcement and customized diet and health programs, resulting in increased adherence to fitness goals.
- Trained an average of 50 players per month, delivering high-energy workouts and personalized coaching sessions

## **Fitness Trainer**

Apr 2012 - Apr 2014

Wael Karout Gym, Damascus

- Educated players on proper exercise techniques, nutrition, and overall wellness practices, contributing to their holistic health improvement.
- Conducted fitness assessments and consultations to determine clients' starting points and track their development over two years.
- Collaborated with trainers to design and implement engaging and challenging group classes, enhancing the gym's class offerings.

## **Coaches Manager**

Jan 2012 - Oct 2012

ALMilican Gym, Damascus

- Adapted fitness routines for clients with specific needs, including post-rehabilitation exercise plans and programs tailored for elderly individuals.
- Oversaw the scheduling and coordination of coaching sessions, optimizing resource allocation and maximizing class attendance.
- Created a circuit training program, leading to a 20% decrease in average workout time for busy players.

## **Fitness Trainer**

Mar 2010 - Mar 2012

Zahr AL Hannon Gym, Damascus

- Provided one-on-one and group fitness training sessions to players of various fitness levels, focusing on strength training, cardio workouts, and flexibility exercises.
- Developed customized workout plans tailored to individual goals and limitations, resulting in increased client satisfaction and gym membership by 100%.
- Monitored players' progress and adapted training routines accordingly, ensuring continuous advancement and goal achievement.

## **EDUCATION**

### **Bachelor of Commerce (B.Comm.) - Accounting**

2001 - 2007

*Damascus University, Damascus*

## **SKILLS**

CPR, Teenagers and Adults Fitness, Fitness Programs, Cardiovascular Training Sessions, Injury Prevention, Team Training, Personal Training, Fitness Equipment, Strength Training, Hiit Training, Cardio Strength Workouts, Resistance Band Workouts, Body Weight Training, Martial Arts Workouts, X55, TRX, Aqua Training, Aerobic Training, Nutrition Plans, Physical Fitness, Group Fitness Classes, Lifestyle Changes, Online Training, In Body Analyse.

## LICENSES & CERTIFICATIONS

**Sports Nutrition Level 3** 2022  
*Syrian Arab Federation of Bodybuilding & Fitness*

**Power Coach** 2018  
*Radical Fitness*

**Personal Trainer** 2017  
*American College of Sports Medicine*

**CPR** 2017  
*Lebanese Red Cross*

**X55 Coach** 2015  
*Radical Fitness*

**Aerobic Coach** 2010  
*Palestinian Federation*

### Workshop

**Online Fitness Coach** Feb 2017 - May 2017  
*Livewyd Platform, America*

## VOLUNTEER

**Fitness Coach** Feb 2019 - Sep 2019  
*Lebanese International University*

## Languages

**Arabic:** Native.

**English:** Upper Intermediate.

**French:** Good.