



NISHANT DHALWAL

nishantdhalwal25@gmail.com @
7838954241 📞
H.no. 1192, Sector 3, Faridabad, 121004 📍

OBJECTIVE

I seek challenging opportunities where I can fully use my skills for the success of the organization.

EDUCATION

Bohra Public School

2008

Class 10

66%

Bohra Public School

2010

Class 12

58.9%

Golds gym, Rohini

2014

Golds gym fitness institute(GGFI)

FSSA institute, Vasant Kunj

2014

International sports science association(ISSA)

By Team Henrik, Thailand

2019

Haus No.3 recovery planner

Cult.fit

2019-20

Cult L0/L1 Strength and conditioning certified.

PERSONAL DETAILS

Date of Birth : 24/02/1992

Marital Status : Unmarried

SKILLS

I am good in giving a fully professional experience to the clients with all of my best knowledge possible.

I take group classes as well for animal flow skills.

Having more than 6 years of experience I know how a fitness centre operates efficiently.

I have served as a personal trainer also for a long time now so I know how to give personal satisfaction to the clients.

EXPERIENCE

Mantan the fitness lounge.

July 2014 - August 2015

Personal trainer

Served as a personal trainer there for almost 14 months.

Elemention gym, cyber city

September 2015 - February 2016

Fitness manager

Worked here as a fitness manager taking care of fitness staff plus pts.

Fitness first

July 2016 - May 2017

Personal trainer

Worked as a personal trainer for almost 10 months here.

Cultfit

February 2019 - February 2021

Strength and conditioning coach

Served as a group strength and conditioning coach.

Healthifyme

July 20 - Still on

Fitness coach

Serving in this company as an online fitness coach and provides workout plans.