

Pooja Yadav

Gym Instructor and Personal Trainer

Gurugram, Haryana · [Phone] · [Email] · [Website or LinkedIn]

PROFESSIONAL SUMMARY

Certified fitness trainer focused on beginners and women returning to exercise, with a physical education degree and a floor instructor role at a commercial gym. Coaches safe technique on free weights and machines, runs basic assessments and keeps simple progress records. Aims to build a personal training client base within a well-run gym team.

SKILLS

Exercise technique · Beginner programming · Fitness assessments · Free weights · Group circuits · Progress tracking · CPR and first aid · Member onboarding

EXPERIENCE

Floor Instructor — Commercial gym with 600 members, Gurugram

9 months · current

- Onboard around 40 new members a month with a posture check, basic assessment and first-week plan.
- Correct form on squats, deadlifts and machines during peak hours, keeping the gym floor free of reported injuries.
- Converted 12 floor members into paying personal training clients through free sample sessions and regular follow-ups.

Trainee Coach — University sports complex, Rohtak

3-month internship

- Assisted strength coaches with warm-ups and conditioning for the university kabaddi and athletics squads.
- Recorded sprint and jump test results for 30 athletes and entered them into the coaching team's tracker.

EDUCATION

Bachelor of Physical Education and Sports — State university, Rohtak

Anatomy, exercise physiology and sports nutrition

CERTIFICATIONS AND REGISTRATIONS

- Fitness Trainer, Sports, Physical Education, Fitness and Leisure Sector Skill Council
- CPR and First Aid certificate
- Short course in pre and postnatal exercise basics

PROJECTS

- Strong Start for Women — six-week beginner strength batch for 15 members, with every participant completing the programme

LANGUAGES

Hindi · Haryanvi · English