

Personal Trainer & Fitness Specialist

Farhan Ahmed Khan

Executive Summary

A personal trainer par excellence, Farhan Khan comes with a decade's experience physical conditioning and training sessions to his clients. He provides a supportive, focused and above all passionate fitness sessions. Helping his clients move away from fads and gimmicks, he offers custom workouts that aid in achieving the needed health objective. Farhan believes that being fit isn't just about the number on the scale: it's about a lifestyle. It's about believing that you deserve to be healthy. It's about dedication and hard work. It's about celebrating and enjoying life. When he trains, he spreads this infectious passion for health, wellness, and most importantly, self-love, to every class that he teaches and every person that he encounters.

Utilizing his natural gifts to encourage people around the world to get and stay fit as a fitness instructor, identifies the aspects of customers that need optimum work, and develops custom plans for them. He helps customers with a stepwise approach to even get ready for competitions. His most recent effort was channelized towards training participants for the "GetFit India" contest.

Certifications

- Certified Personal Trainer from the American Council on Exercise
- Pursuing certification on Lifestyle & Weight Management from the American Council on Exercise
- Certified by the Nightingale Life Services in CPR

- One - One Personal Training
- Group Fitness Instruction
- Client Goal-Setting & Motivation
- Customized Exercise & Meal Plans
- Bootcamp-Style Workouts

Strength & Conditioning
Cardiovascular / Endurance Training
Nutrition Counseling
Fitness assessment

Areas Of Expertise



Career Timeline



Nov 2009 - Present

Fitness Trainer

Gold's Gym (RMZ Infinity & Convent Road) Bangalore



Mar 2006 - Nov 2009

Recruiter and Team lead

Seaton India Pvt Ltd, Bangalore

Value Addition

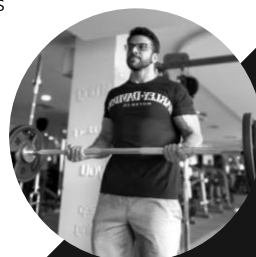
Specializes in coaching and training clients with serious medical issues. Recognized for assisting patients recovering from a wide range of accidents (sports, fall or car accidents resulting in back, neck, limb or joint conditions).

Spinal, Tendons and Muscular Exercises

- Advising Custom designed exercise, nutrition and strength/conditioning programs that enabled scores of clients to achieve dramatic weight loss; prevent/reverse type 2 diabetes; reduce medication for depression, anxiety and hypertension; and adopt a healthier lifestyle.
- Guiding clients through safe workouts modified to their fitness levels and medical considerations, from obesity to hypertension, arthritis, sports injuries and post-surgeries.
- Provide therapy, which involves adjusting a patient's spinal column and other joints by hand.
- Analyze the client's posture, spine, and reflexes and provide therapy accordingly.
- Perform a series of manual adjustments to the spine, or other articulations of the body, in order to correct the musculoskeletal system.

Specializations

- Prenatal and Postnatal clients
- Young Athletes
- Seniors
- Weight loss (fat loss)
- Body Building
- Women
- Physically Impaired



Why Work With Farhan?

Goal Achievement

As a personal trainer he helps define individual fitness goals and creates a roadmap to get there. Taking into account his clients current fitness level, he discusses what the client ultimately wants to achieve. He extends, help to focus on smaller goals that are specific and realistic; they're more attainable, setting his clients up to achieve the larger, more audacious goal.

Personalized Workout

He creates a specific workout plan just for you based on the goals one wants to achieve, that isn't a one-size-fits-all workout routine one would find in a book or magazine. His personalized plans are tailored to the clients goals, needs, current physical condition and medical background. He makes accommodations to the program if there be a case of an injury, bad back or knees.

Instruction

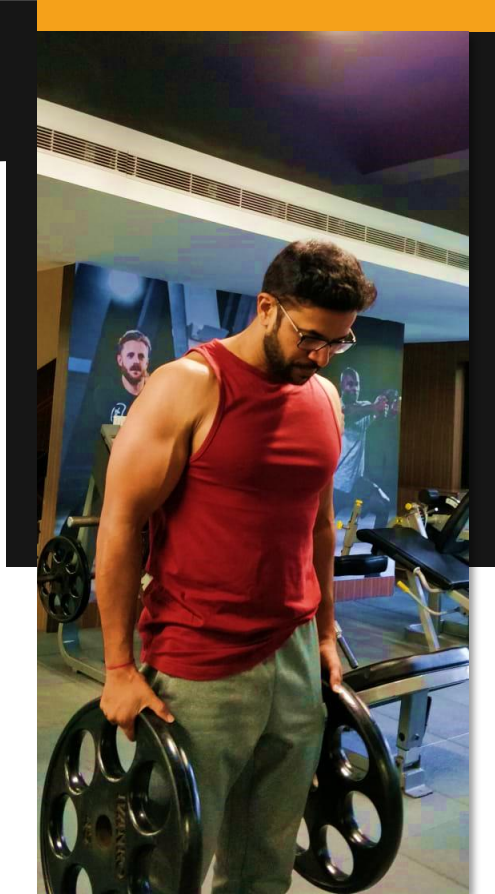
He teaches the proper way to perform each exercise movement within the routine. He demonstrates the movement, coaches through it, and corrects any issues with posture or technique, reduces risk of injury and increases the movement's efficacy.

Motivation

Understands that motivation is often difficult to maintain when one exercise on their own. He conducts regular sessions, creates accountability, which is a real motivator and feeds that part of the brain that craves praise. He consistently celebrates his clients consistency, progress, or even proper technique, ensuring his clients do not throw the towel.

Variety

No two sessions will look the same. Between machines, body weight exercises, free weights, and props like balls and straps, there's no end to the combinations he gets his clients to work on. Helps them make adjustments as fitness levels improve to ensure continued progress; so one won't plateau or feel stuck in the same old routine.



Work Experience

Fitness Trainer | Gold's Gym (RMZ Infinity & Convent Road) Bangalore

Key Areas of Impact

- Conducting fitness assessments to establish client fitness and skill level
- Holding one-on-one or group sessions with your clients
- Identifying goals and creating tailored exercise plans
- Monitoring the clients' progress
- Providing advice to the clients on health, nutrition and lifestyle changes
- Educating and advising clients to maintain or reach their fitness and health goals
- Keeping up to date with the latest personal training techniques and best practice
- Helping clients with their workouts
- Creating and maintaining positive, professional and trusting relationships with your clients
- Providing innovative and challenging exercises to keep clients engaged and motivated
- Proactively seeking and providing feedback in a manner which suits each individual client
- Assisting with membership retention strategies for existing clients
- Accurately recording your clients' training sessions and tracking relevant paperwork
- Communicating with clients in a professional and courteous manner
- Acting as a positive role model for all of your clients
- Making the best of the environment in which clients are exercising
- Analyzing information relating to individual clients
- Marketing your business to increase your client base
- Maintaining an online presence through your personal website, blogging and social media.

Achievements

- Prepared patrons during 2010 Nike 10k Human Race before and after stretches.
- Achieved certification of ACE Personal in 2010 and immediately promoted as a Premium Trainer.
- Played a major role in training a contestant with three months of intensive work out for "Get Fit India" Contest. Resulting in 2nd runner up position.

Academics

Diploma in American Motel
and Hotel Association,
Chennai, TN, India