



**Personal Fitness Trainer**, Calisthenics Expert and an Activist.

# ESLAM AYMAN FAYEZ

## Personal Info

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**Phone:**

+201060040333

**E-Mail:**

[Eslamsolaiman46@gmail.com](mailto:Eslamsolaiman46@gmail.com)

Single

Completed Military Service

## Personal Skills

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- Knowledge of Anatomy and Physiology.
- Exercise Teaching Techniques.
- Innovative
- Knowledge of Nutrition and Food Science.
- Excellent Leadership Skills.
- Strong Interpersonal Communication Skills.

## Languages

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Arabic - Native

English – V.Good

## Experience

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09/2015 till now

**Modern Pentathlon Assistant Head Coach - 6<sup>th</sup> of October Club**

- Conduct on-going assessments and monitoring athletes' performances in training and competition.
- Providing monthly performance progress reports to the Head coach.

**Activity Specialist - Al-Gezira Club**

**Floor Trainer – Orange Gym**

## Education

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**Bachelor of Science 2018**

**Physical Education - Helwan University, Giza**

## Achievements

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**Top Pentathlon Achievement:** 1<sup>st</sup> at 2012 Egyptian biathlete championship.

**Top Triathlon Achievement:** 2<sup>nd</sup> at 2016 Arabian Triathlon championship.

1<sup>st</sup> at 2016 Arabian Duathlon Championship.