



L A I D D J E B A L I

CONTACT INFO

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El-Oued _ Algeria

PROFILE

- Date Of Birth : 28/06/1988
- Martial Status : Married

LANGUAGES

Arabic 

English 

HOBBIES

Reading



Learning



EDUCATION

- University : MOHAMMED KHIDHAR -BISKRA
- College : Physical Education
- Graduation Year : 2012

WORK EXPERIENCE

- (2013-2014) : Fitness trainer at Tliba Bouras high school.
- (2014-2015) : Handball fitness trainer.
- (2015-2016) : Personal trainer Bayadha gym.
- (2016-2018) : Fitness and crossfit trainer at Al-Abtal bodybuilding gym.
- (2018-present) : Personal trainer and group exercise at Fitness bodySouf.

COURSES

- Fitness and bodybuilding from BYB training company.
- Physical preparation from BYB training company.
- Nutration from BYB training company.
- Personal triner from ECFT (the European Council of Fitness Trainers).
- Basic nutraion from IFBB Academy Morocco.
- Crossfit from BYB training company.

PERSONAL SKILLS

- Team work
- Eager to learn
- Time management skills
- Energetic, motivated and highly dynamic