**Rashid ali Janjowa**  
Saidpur Village, North Punjab, Bahawalpur -Pakistan  
MOB: 92 366 0000000

**Objective**

Looking for the position as personal trainer or strength coach.

**Summary**

* Physical Training Specialist.
* Wide rehabilitation experience.
* Implemented and developed winning training programs for various clients.
* Implemented and designed strength training courses for senior citizens.

**Experience**

**Karachi University, Pakistan**  
Strength Coach (2000 to Present)

Responsible for meeting with athletes in person to prepare unique meal plans that would meet their personal dietary requirements. Developed and implemented strength and conditioning programs for the SDSU football, baseball, and basketball teams. Designed and developed the Pearson Method off-season Training program, for quickly increasing athlete’s stamina ad strength.

**Gold’s Gym, Bahawalpur**   
Fitness Supervisor (1997 to 1999)

Instructed CPR classes, trained a group of 20 gym attendants, conducted community fitness outreach program.

**Usman Fitness Club, Bahawalpur**  
Gym Attendant (1995 to 1997)

Developed unique fitness plans for every member. Provided instructions for weight lifting. Ensured security of all customers and scheduled proper maintenance on all gym equipments.

**Education**

Bahawalpur University.  
B.S., Physical Therapy (1994)