AMIR FATEHZADEH

EMS PERSONAL TRAINER | EREPS LEVEL 3 & 4

Iran | +98 913 991 5391 | Fatehamir7@gmail.com

PROFESSIONAL PROFILE

EREPS Level 3 Personal Trainer and Level 4 Fitness Instructor with 3+ years of practical training experience and 2 years of hands-on EMS coaching. Experienced with i-motion and XBody EMS systems, individualized resistance and functional training, client coaching and exercise progression. Currently developing advanced knowledge in corrective exercise and the NASM OPT methodology. Seeking an EMS Personal Trainer / Personal Trainer role in Dubai.

CORE COMPETENCIES

- EMS Personal Training
- Personal Training
- Strength & Conditioning
- Exercise Technique
- Human Anatomy
- i-motion EMS
- Resistance Training
- Client Assessment
- Training Progression
- Corrective Exercise Principles
- XBody EMS
- Functional Training
- Program Design
- Weight Loss & Body Composition
- Client Motivation & Communication

PROFESSIONAL EXPERIENCE

EMS & PERSONAL TRAINER — Pulse Fitness, Iran

2 years EMS training experience

- Delivered individualized EMS sessions using i-motion and XBody systems.
- Combined EMS stimulation with resistance, functional and bodyweight exercises according to client goals.
- Monitored exercise technique, training intensity and client response throughout sessions.
- Applied progressive training principles to support strength, fitness and body-composition goals.
- Provided one-to-one coaching with emphasis on communication, motivation and client adherence.

QUALIFICATIONS

EREPS Level 3 **Personal Trainer**	**EREPS Level 4** **Fitness Instructor**

PROFESSIONAL DEVELOPMENT

NASM OPT Model — Currently Studying | Human Anatomy | Corrective Exercise Principles | Strength & Conditioning

LANGUAGES & AVAILABILITY

English: Upper-Intermediate | Persian: Native | Arabic: Beginner | Open to relocation to Dubai, UAE | Available for EMS/PT roles

EMS Personal Training • Dubai / UAE