



# Omar El Hossein

## Personal Trainer

### Qualifications/Achievements

- Certificate III Fitness Instructor
- Certificate IV Personal Trainer
  - Advanced Thump Boxing
  - Group Exercise to Music
- Level 2 Advanced First Aid

### Specialties

- Weight Loss/Weight Gain
- Strength and Muscle Tone (Body Building)
  - Fitness and Flexibility
- Special Condition Clients (Diabetes, Arthritis, Osteoporosis etc.)
  - Sport Specific Clients (Athletics, Rugby League/Union etc.)
  - Functional Training

### A Bit About Myself

With a back ground in fitness through my early years playing rugby union I developed a love and passion for fitness and human movement. Expanding my knowledge I decided to complete both my cert III and IV and enter the health industry. Since then my dedication to helping others increased and gave me the chance of not just having a career but a dream come true.

With my experience over the last 6 years working in different gyms I have developed a detailed way of training to allow my clients to achieve their personal best. Fitness is my life and the gym is my world. Come join my world...

### Favourite Quote

"I hated every minute of training, but I said, Don't quit. Suffer now and live the rest of your life as a champion."  
Muhammad Ali

**train831@hotmail.com 0421 497 684**