



K.PRASAD

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Career Objective:

A challenging position in fitness instruction in which tremendous energy, motivational skills and perseverance will have valuable application.

Professional Expertise:

- Training online for SRM university women's volleyball team
- Online training for Hindustan University Chennai.
- Trained **squash champions** like **Joushna Chinnappa** (India no 1, **Harita Reddy** (India junior no 1).
- Trained **Cricketers** such as **Vasanth Saravanan, Hemanth Badani, Vidhuth, AbhinavMukunth, and Badrinath.**
- Personal trainer for **kollywood stars** like **Vishal, Arya, Nayantara, Prakash Raj, Sham, Bharath,** Adhi , Nivin pauly , Vibhav , Divyadarshini and many others.
- Participated as an associate member for the Men's Fitness Association. Relevant duties involve, performing daily fitness instruction and fitness counseling.
- Health condition is excellent and having the ability to hike and run about 8-10 miles in a day.
- willing to relocate and enjoy professional traveling.
- Excel in meeting objectives through use of independent action, prioritization, persistence, and leadership skills.
- Self-motivated, responsible and experienced at working in fast-paced environments.
- Negotiation with the financial organizations like banks & synchronizing financial support to facilitate sales.
- Excellent communication skills both written and oral.
- Good humored and enthusiastic under pressure.
- Possess efficient communication skill within the organizations senior management group, at meetings with the board of directors, business coalitions, CFO's.
- Efficient in communicating/defining the task among the team for effective results.
- Internet and official letter writing ledger

Professional Background

2016-2020- IGNITE FITNES STUDIO PROMOTER

20012-2016 – TI CYCLES OF INDIA (PRODUCT MANAGER)

2008- 2011: Worked as **Training Head at Fitness One** with the following work responsibilities:

- Providing all-embracing yet conscientious exercise sessions for all the clients and Sportsmen.
- Maintaining stable communication with the physicians of the clients in order to provide the client the utmost safety measures.

2007: Appointed as **Celebrity Trainer and instructor at Fitness One** with the following work responsibilities:

- Having expertise in celebrity training.
- Conducting co-educational sessions including more than 25 adults of both genders in a particular group.
- Accommodating the challenging schedules of the star clients.
- Working for specific goal dates.

2006 - 2007: Worked as **Fitness Co-ordinator at Fitness One** with the following work responsibilities: Designing workouts.

- Supervising more than 20 staff members as well as hiring and training new recruits, designing and scheduling working hours and relevant shifts, administering billing procedures.

2005 - 2006: Worked as a **Peak performance coordinator at Fitness One** with the following work responsibilities:

- Focusing more consistently and learning new material faster and more thoroughly in order to reach peak performance.
- To make the client more aware and to activate the brain system involved in associative learning.
- Gearing sessions inclusive of both intermediate and advanced levels

Additional Responsibilities:

Fitness consultant with Arshaya Vidhya mandir, velachery, **Chennai.**

Fitness instructor with Fitness foundation academy of YMCA (FAMY), **Chennai.**

Academic Background

- Obtained **Bachelor of physical education and sports** Degree from the Madras University (Y.M.C.A, College of Physical Education) in the year of 2003 with Distinction
- Obtained **Master of Physical education** from Madras University (Y.M.C.A, College of Physical Education) in the year of 2005 with First class
- STAR FITNESS – CERTIFICATION
- ACADEMYONE –HEALTH AND FITNESS TRAINERS CERTIFICATE
- Certified **Aerobics Instructor** from **Reebok University.**
- **CYQ Level 2 Certificate in Fitness Instructing (Exercise to Music), London Leisure College**
- Apart from the above, I studied Anatomy, Nutrition and Physiology, biomechanics & kinesiology.

Personal Details:

Father's name: R. Kanagaraj

DOB: 28/08/1981

Interest: Networking, Traveling, Reading, Automobiles and Current Affairs.

Declaration:

I hereby declare that the above written particulars are true to the best of my knowledge and belief.

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