

Muhammad Ammar

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Work Experience

Personal Trainer

Self Employed-Lawrenceville, GA

December 2021 to Present

- Developed personalized fitness programs for clients based on their individual goals, needs, and abilities
- Conducted comprehensive fitness assessments to determine clients' baseline fitness levels and track progress over time
- Instructed and demonstrated proper exercise techniques to ensure safety and maximize results
- Motivated and encouraged clients during workouts to push past their limits and achieve optimal performance
- Monitored clients' form, technique, and intensity levels to prevent injuries and ensure effective workouts
- Provided nutritional guidance and educated clients on healthy eating habits to support their fitness goals
- Adapted training programs as needed based on client feedback, preferences, or changing goals
- Demonstrated expertise in using a variety of fitness equipment including free weights, resistance machines, cardio machines, etc
- Educated clients on the importance of proper warm-up exercises before workouts to prevent injuries
- Stayed up-to-date with the latest research in exercise science through continuous education courses
- Assisted gym members with questions regarding equipment usage or proper form during their workouts
- Collaborated with other fitness professionals to develop and implement wellness programs for corporate clients
- Provided ongoing support and encouragement to clients outside of training sessions through email, phone calls, or online platforms
- Incorporated functional training exercises into workouts to improve overall strength, balance, and coordination
- Implemented strategies to help clients overcome plateaus or break through fitness barriers

Restaurant Manager

Murray's In A Hurry-Lawrenceville, GA

January 2018 to Present

- Oversaw daily operations of a busy restaurant, ensuring smooth and efficient service
- Maintained high standards of cleanliness, sanitation, and safety throughout the restaurant
- Created employee schedules to optimize staffing levels while meeting business demands
- Monitored inventory levels and placed orders for food, beverages, supplies, and equipment as needed
- Ensured compliance with all health codes, licensing regulations, and labor laws
- Handled customer complaints or concerns promptly and effectively to ensure customer satisfaction
- Trained staff on proper serving techniques resulting in an increase in upselling opportunities by 50%
- Conducted regular inventory audits to minimize discrepancies and ensure accurate stock levels
- Mentored and coached junior managers, providing guidance on leadership skills and professional development opportunities

- Ensured compliance with all food safety regulations through regular inspections and staff training sessions
- Managed a team of 5 staff members, providing training, coaching, and performance evaluations

Quran Teacher

Al-Furqan Academy-Lilburn, GA

August 2018 to January 2019

- Provided individualized instruction to students with diverse language proficiency levels, tailoring lessons to meet their specific needs
- Established open lines of communication with parents/guardians through regular progress updates on students' academic performance
- Taught students of all levels to read Arabic starting from basic to becoming fluent

Education

Some College in Accounting

Other Schools - Karachi

August 2014 to September 2016

Studied in Karachi, Pakistan

Skills

- Personal Training
- Team Management
- Functional fitness training
- Weight loss
- Core fitness training
- Restaurant Management
- Customer service
- Employee relations
- Ability to follow instructions
- Productivity
- Adaptability
- Kitchen stations
- Cash register
- Cash management

Languages

- Urdu - Fluent
- English - Fluent