



AZADEH POURAKHLAGHI

FITNESS EDUCATOR | PERSONAL TRAINER | GYM FOUNDER

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PROFESSIONAL PROFILE

Fitness professional and educator with 21 years of experience in personal training, functional training, group fitness, CrossFit, TRX, and trainer development. Holds a Master's degree in Sport Physiology from the University of Tehran. Founder of Lift For Fit Gym and an experienced instructor of fitness trainers with leadership experience as a Trainers Supervisor and as Chief of the Tehran CX Committee within the Physical Fitness Federation. Experienced in both practical coaching and professional education, with a broad portfolio of internationally recognized and industry-specific fitness certifications.

CORE EXPERTISE

Personal Training & Fitness Programming	Sport & Exercise Physiology	Functional Training & CrossFit	TRX & Suspension Training
Trainer Education & Mentorship	Group Fitness & Class Instruction	Strength & Conditioning	Bodybuilding & Fitness
Fitness Business & Gym Management	Indoor Cycling / RPM	BodyPump / CXWorx / Body JAM	EMS Training

EDUCATION

Master's Degree in Sport Physiology | University of Tehran

LEADERSHIP & PROFESSIONAL ROLES

Founder & Personal Trainer | *Lift For Fit Gym* | February 2023 – Present

- Founded and lead an independent fitness facility, delivering personal and functional training services.
- Design individualized training programs and coach clients across strength, conditioning, functional fitness, and general fitness.
- Apply exercise physiology principles to practical training and client programming.

Instructor of Fitness Trainers | *Physical Fitness Federation* | Present

- Educate and develop fitness trainers through professional instruction and practical training methodology.

Instructor of Trainers | *Proshot International* | Present

- Deliver professional education and practical instruction for fitness trainers and instructors.

Chief, Tehran CX Committee | *Physical Fitness Federation* | 2022

- Led the Tehran CX Committee and supported the organization and professional development of CX-related activities.

PROFESSIONAL EXPERIENCE

Personal Trainer, CrossFit Trainer, TRX Trainer & Functional Trainer | *Nava Gym* | 2022 – 2023

Functional Trainer, Fusion Fitness Trainer, TRX Trainer, Personal Trainer & EMS Trainer | *Viva Gym* | 2016 – 2020

Personal Trainer, CrossFit Trainer, Functional Trainer, BodyFitness Trainer, TRX Trainer & Indoor Cycling Trainer | *Nafas Gym* | 2016 – 2020

Personal Training Team Manager, Functional Trainer, BodyFitness Trainer, TRX Trainer & Indoor Cycling Trainer | *Yara Gym* | 2012 – 2016

- Supervised trainers and supported the delivery and quality of personal and group training services.

Personal Training Team Supervisor, Functional Trainer & TRX Trainer | *Tehran Gym* | 2013 – 2016

Aerobic Trainer, Indoor Cycling Trainer, Easy Line Trainer & TRX Trainer | *Vesta Club* | 2010 – 2012

Aerobic Trainer, HipHop Trainer & Fitness Trainer | *Dayeran Club* | 2005 – 2010

CERTIFICATIONS & PROFESSIONAL TRAINING

- **Fitness & Bodybuilding** — Iran Federation of Fitness and Bodybuilding

- **Fitness & Bodybuilding** — Iran Federation of Sports, Aerobic & Fitness
- **Aerobic Certification** — Iran Federation of Sports, Aerobic & Fitness
- **TOA Certification** — Aikaro Solution Company
- **TRX Certification** — TRX Company
- **Body JAM Certification** — LES MILLS Company
- **BodyPUMP Certification** — LES MILLS Company
- **CrossFit Certification** — Arya CrossFit Company
- **Indoor Cycling Certification** — Better Fitness for You Institute
- **Hip Hop Certification** — Moscow Hip Hop Unite of FISAF
- **Marshal Aerobic Certification** — Iran Federation of Sport, Aerobic & Fitness
- **Weight-Training Programming Principles** — Proshot International Co.
- **Elastic Band Workout** — Proshot International Co.
- **ABS Workout** — Proshot International Co.
- **EMS Training** — Glucker Kolleg

LANGUAGES

Persian — Native | English — Upper-Intermediate

PROFESSIONAL FOCUS

Available for professional teaching, trainer education, personal training, functional fitness, group fitness, and fitness-programming opportunities.