



Pegah Poorshekari

Bodybuilding & Fitness Coach

Born: 1370/05/02

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(+98) 936 043 3271

Tehran

Professional Summary

Bodybuilding and fitness coach with several years of experience in designing and delivering training and nutrition programs tailored to individuals' goals and performance levels. My goal is to help clients achieve physical fitness, improve quality of life, and build a healthy and sustainable lifestyle.

Using an educational and motivational approach, I encourage individuals to stay consistent with physical activity, enhance physical capabilities, and create positive and lasting lifestyle changes. I also take a precise, client-centered approach to teaching proper movement patterns and exercises according to each individual's conditions and abilities.

Interested in working in professional, dynamic environments and contributing to teamwork. I believe effective collaboration, knowledge sharing, and utilizing team members' capabilities play an important role in achieving shared goals and improving service quality.

Education

Master of Physical Education

Major: Strategic Management

Institution: Allameh Tabataba'i University, Tehran (Public)

1397 ? 1400

Bachelor of Physical Education

Major: General

Institution: Shariati College, Tehran (Public)

1391 ? 1393

Associate Degree in Physical Education

Major: General

Institution: Shariati College, Tehran (Public)

1389 ? 1391

Work Experience

Private Bodybuilding & Fitness Coach

Private & semi-private; in-person and online | Tehran | Farvardin 1398 ? Present

Skills

100%

Sports Management & Coaching

100%

Sports Education & Teaching

100%

Sports Activities

100%

Sports Nutrition & Corrective Exercise Consulting

100%

Sports Research

100%

Posture Assessment

100%

Teamwork

100%

Influence / Negotiation

60%

Computer Skills (ICDL)

Language

English: Intermediate

Social Media

Pegah_poorshekari

Pegah_poorshekari

Instructor

Proshat International Company

Tehran

Mehr 1404 ? Present

Bodybuilding Coach

Shahdaye Varzeshkar Sports Complex

Tehran

Tir 1404 ? Present

Verfitpro Department Manager

Proshat International Company

Tehran

Mehr 1404 ? Present

TRX Coach

Razi Sports Complex

Tehran

Ordibehesht 1400 ? Esfand 1403

Bodybuilding & Fitness Coach

Allameh Tabataba?i University ? Faculty of Economics

Tehran

Farvardin 1398 ? Farvardin 1399

Internal Manager

Rock Gym

Tehran

Aban 1397 ? Esfand 1399

Bodybuilding, TRX & Fitness Coach

Rock Gym

Tehran

Aban 1397 ? Esfand 1399

TRX Coach

Hamzeh Gym

Tehran

Ordibehesht 1396 ? Esfand 1399

Bodybuilding & Fitness Coach

Telecommunications Sports Complex

Tehran

Aban 1398 ? Esfand 1399

Bodybuilding & Fitness Coach

Beryank Sports Complex

Tehran

Farvardin 1399 ? Esfand 1399

Bodybuilding & TRX Coach

Sadeghzadeh Gym

Tehran

Shahrivar 1393 ? Aban 1397

Coach of Junior & Local Handball Teams

Tehran Education & Training, District 5

Tehran

Farvardin 1389 ? Esfand 1394

Courses & Certifications

Personal Fitness Trainer

Institution: IFBB Armenia

Ordibehesht 1402

Basic Nutrition

Institution: IFBB Armenia

Mordad 1405

Functional Fitness Trainer

Institution: Vertex Fitness

Bahman 1400

International ERT PUMP Coach

Institution: Vertex Fitness

Khordad 1402

Fitness Coaching

Institution: Federation

Bahman 1396

dpor4 Coaching

Institution: dpor4

Mehr 1397

Bodybuilding Coach

Institution: Federation

Mordad 1395

Physical Fitness Coach

Institution: Federation

Mehr 1394

TRX Coach

Institution: Federation

Dey 1395

Sports Nutrition Certificate

Institution: Federation

Azar 1396

CX Coaching

Institution: Federation

Farvardin 1398

Corrective Exercise Training Using Weight Exercises

Institution: Federation

Mehr 1397

Child & Student Talent Identification

Institution: Tehran Education & Training, District 5

Aban 1397

T25

Institution: Proshat

Aban 1397

Volleyball Level 3 Coaching

Institution: Federation

Esfand 1392

Volleyball Level 3 Refereeing

Institution: Federation

Esfand 1392

Handball Level 2 Coaching

Institution: Federation

Farvardin 1392

Swedish Massage

Institution: Danesh Yoga

Ordibehesht 1393

Sports Massage

Institution: Danesh Yoga

Tir 1393

Personal Branding in Sports

Institution: University of Science and Culture

Esfand 1395

Honors & Achievements

Karate (Dan 1)

National record registered in the Iranian National Records Book

Institution: Federation

Shahrivar 1386

Esfand 1399

Participated in the national handball team training camp of the Islamic Republic of Iran

1393

Third place in the Islamic Republic of Iran U23 Handball Team Championships

1392

Participated in the First Division Handball League

1393

Participated in the First Division Handball League

1392

First place at the 16th Technical & Vocational Universities Sports Olympiad
? Handball

1393

First place at the 15th Technical & Vocational Universities Sports Olympiad
? Handball

1390

Second place at the 11th National Universities, Higher Education
Institutions, Research & Technology Olympiad ? Handball

1391

Second place in Tehran Province schools? local/traditional competitions ?
Middle School (Team Coach)

1388

Second place in Tehran Province schools? educational competitions ?
Elementary School (Team Coach)

1393

Third place in Tehran Province Elementary School Handball Championships
(Team Coach)

1392

Top titles in Handball, Volleyball and Basketball at Tehran Province
Education & Training competitions (Team Coach)

1392