



Dorsa Barazandeh

Fitness Coach

Born: 15 Mar 1995 - Gender: Female

CONTACT

✉ brzdorsa1995@gmail.com

☎ +971 52 989 5373

💬 +971 52 989 5373

📷 barazfit

🌐 www.barazfit.com

SKILLS

- Certified sport nutrition
- First aid
- Pre/post natal
- Functional fitness group class
- Rehabilitative exercises

LANGUAGE

- PERSIAN
- ENGLISH

INTEREST

- 🏋️ FITNESS
- 📷 SOCIAL MEDIA
- 🎧 MUSIC
- 🗺️ TRAVEL



Summary

Results-driven fitness coach with 7 years of experience in designing personalized training programs and promoting healthy lifestyles. Skilled in motivating individuals to achieve their fitness goals through tailored workout regimens and nutritional guidance.



EXPERIENCE

2018 - 2023

Home Gym Trainer

- Provided personalized fitness training at home and clients' residences for 5 years.
- Developed tailored workout plans and offered nutritional guidance to support client goals.

2023 - 2024

Public Gym Trainer

- Delivered professional fitness training at a public gym for 1 year.
- Designed customized fitness programs for diverse clientele, emphasizing proper technique and motivation.



EDUCATION

Oct 2013 - Jul 2017

Bachelor's degree in Physical Education

- South Tehran Azad university

2023 - 2025

Courses passed certificates

- "Nutrition", "FAE" course
- "Fitness Trainer" updating
- "Injured person" workshop
- "Body Building Trainer" by Tehran body building Federation
- Grade 3 certificate by "Iran body building board"
- "NASM" certified personal trainer
- Gym Instructor Active IQ | REPS UAE LEVEL 2
- Personal Trainer Active IQ | REPS UAE LEVEL 3

- participation "NSCA" workshop for following aspects:

- Training "injured"
- Training "pregnants"
- Training "children and teens"
- "planning"

- "Fat burning" Tehran bodybuilding Federation workshop

- Participation in some different seminars made by "Tehran body building federation"

Dorsa Barazandeh

Fitness Coach

✉ brzdorsa1995@gmail.com

📷 barazfit

☎ +971 52 989 5373

📞 +971 52 989 5373

www.barazfit.com