

Mohamed Meselhy

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Professional Summary

Results-driven Strength & Conditioning Coach with over 13 years of experience in Fitness Industry as well as Athletes Coaching. Proven track record in Personal Training, Crossfit & Hyrox Coaching Group training, and Designing and implementing pre-season training programs for athletes. Seeking to Share my expertise to contribute to a Great Fitness Team goals.

Key Skills

- Personal Training & Group Fitness Instructor.
- Strength & Conditioning Programming.
- CrossFit, Functional Training & HIIT Workouts.
- Hyrox & Endurance Event Preparation.
- Pre-season Athlete Conditioning.
- Weight Management & Body Transformation.

Professional Experience

Head of Group fitness Coaches – IGNITE Egypt

Cairo, Egypt | Mar 2024 – Present

- Led a team of 6 Coaches to achieve an increase of 27% in Group attendance resulting in Facility Revenue.
- Managed end-to-end class operations, leading to a significant increase in attendance.
- Utilized CoachRX Platform to ease discussing -for Coaches- & Seeing -for clients- the workouts.

PT & Head of PTs– Palm Hills Club Gym

City, Country | Jan 2020 – Mar 2024

- Implemented a new attending & working system that boosted their Energy & sales
- Delivered numerous workshops and professional development lectures for coaches
- Exceeded Numbers required from the fitness department.

ISSA Fitness Trainer Course lecturer – Gold's gym Egypt Academy,

Cairo, Egypt | Jan 2023 – Jan 2024

- I developed and delivered engaging lectures, seminars, and practical sessions in ISSA text book Lectures.
- I designed course materials, including lesson plans, assignments, and assessments.
- I provided constructive feedback and support to students to facilitate their learning experience and development.

Education

Bachelor Degree, Faculty of Sports science, Aquatics Coaching – Zagazig University, 2005

Post graduate Diploma in Fitness Coaching – Banha University, 2010

Certifications

- REPs – REPs UAE, 2025
- ISSA Upskill Course – Wellness Fitness Academy (formerly Liftdex academy), 2025
- ISSA Certified Fitness Trainer – Gold's Gym Egypt Academy, 2011
- ISSA Certified Fitness Nutritionist – Gold's Gym Egypt Academy, 2015
- ISSA Certified Strength & Conditioning Coach – Gold's Gym Egypt Academy, 2017
- Level 1, Crossfit. Inc, 2014
- Level 2, Crossfit. Inc, 2014