

MUHAMMAD ZEESHAN



*Postal Address: House No 16/29
Ghulam Nabi Colony, Samanabad, Lahore.*



Cell: 0300-4512688



OBJECTIVE:



To pursue career in a progressive organization that provides opportunities for career growth and professional development in order to groom the overall personality.



PERSONAL INFORMATION:

Father's Name	Muhammad Zakir
Date of Birth	22-04-1990
Marital Status	Married
Religion	Islam
Domicile	Lahore, Punjab
Nationality	Pakistani



ACADEMIC RECORD:

Degree	Institute
Matric	<i>BISE LAHORE</i>
F.S.C	<i>BISE LAHORE</i>
B.Com	<i>Punjab College</i>
Wellness / Nutrition and Fitness Certification	<i>Certified Nutrition (Lums University Lahore) Certified fitness Trainer (Lums University Lahore)</i>
Pakistan Strength & Conditioning Association	<i>Level 1 Certified Coach (Strength & Conditioning)</i>



COMPUTER SKILLS:

Computer Basic

- . Internet Browsing
- . Corel Draw
- . Microsoft Office
- . Photo Shop

Working Experience:

- . One year experience as a coach in University of Lahore.
- . Three years experience as a coach in Get Smart GYM.
- . Three years experience as a fitness trainer in Azfar GYM.

Achievements :

<i>Sr.</i>	<i>Achievements</i>	<i>Year</i>	<i>Title</i>
1	IFBB Mr. & Jr Mr. Lahore Bodybuilding	2015	1 st Position Gold Medal
2	63 rd Mr. & Jr Mr. Lahore & Lahore Division Bodybuilding	2014	Jr Mr Lahore Winner
3	63 rd Mr. & Jr Mr. Lahore & Lahore Division Bodybuilding	2014	Jr Mr Lahore division Winner
4	3 rd Mr. & Junior Mr. Pak National Bodybuilding	2014	Jr Mr Pakistan National Champion Winner
5	WBBF Pak National Bodybuilding Contest	2013	3 rd Position Bronze Medal
6	Punjab University Sports Committee (Tug of War)	2011	Inter Collegiate Champion winner

Extra Curricular Activities:

- . Tug of War
- . Gymnasium
- . Cricket
- . Reading books
- . Playing Cricket and Badminton
- . News, Current Affairs

LANGUAGE SKILLS:



- Urdu
- . English
- . Punjabi

REFERENCE

- . Will be furnished on demand