

Curriculum vitae & personal information

1. Personal Information

Full name	Mohamed Ashraf Abd Elaziz Ali Elslehdar	
Birth date / location	1997/3/22	
Nationality	Egyptian	
children's	two	
Marital status	Married	
P.O. Box	13512	
Mobile no	01276762200-01202815555	
Passport no	29703221401859	
Email	mohamed.elslehdar10@gmail.com	
Residential address	Benha_Qlyoubia	
Emergency contact	01220695555	
Height	183 Cm	
Waist	87 kg	
Driving license		

2. Education qualification & Courses

Year From - To	Certificate	Institute
2024:2025	Second year Master's degree in (Sports Training)	Faculty of Sports Sciences
2025	Nasm-National academy of sports medicine (CPT)	Gold's Gym
2025	Nasm_Certified Nutrition coach (CNC)	Gold's Gym
2025	Fitness and Athletic Conditioning	IASST
2016	Injury rehabilitation and movement therapy specialist	IATD
2016	Recovery and Sports massage therapist	IATD
2024	Cupping specialist	IATD
2024	Dry needling specialist	IATD
2024	Member of the General Syndicate of Sports Professions	
2024	Member of the Professional Syndicate for Injuries and Rehabilitation	

3. First Aid / CPR

Issue Date	Expire Date	Institute
2016	Technician First Aid	IATD

Position Code

Position Name

4. Professional sports path

Year From – To	Sports association, Team
2012-2013	Al Jazeera Youth Center (football player)
2014-2015	Qaha Club (football player)

5. Athlete records

Year	Champion chip, Cup, Tournament, Game	Achievements
2014	Republic Championship, 800 meter running competition	first place in Qalyubia Governorate

6. Training Experience “ Work Experience as a Trainer “& Teaching experience

Year From - To	Sport association, Team	Achievements
2016-2017	fitness core Academy (Benha)	Fitness trainer
2018-2019	Body art Gym	Fitness trainer Head Coach
2019-2020 2022-2023	(Benha Club)	Fitness trainer and injury rehabilitation specialist
2020-2023	Egyptian Armed Forces	Physical education officer
2023-2025	(El Slehdar fitness camp) For sports and military qualification	Owner and manager of the fitness center
2023-2025	EL Shoban Club (Hand ball)	Fitness trainer and injury rehabilitation specialist
2023-2025	Muscle Recovery Center	Director
2025-Till Now	Benha Club's first volleyball team	Fitness and Sports Conditioning Coach

Position Code

Position Name

7. Classes

Hiit

Tabata

Core

Cardio

Mobility - Flexibility

8. Languages (Fair, Good, Excellent)**Arabic**

Mother tongue

English

Good

French**Other****9. Brief about yourself (define yourself & what are your capabilities)**

A leadership and hard-working personality

I love teamwork

I like to keep good time Very patient

I love motivation and development at work

Member of the Professional Syndicate for Injuries and Rehabilitation

Member of the General Syndicate of Sports Professions

Ambitious, active and hard worker

Capable of working under stress and target oriented

Co operative and excellent in team work

Self motivated, Reliable, Dynamic and problems solving