



# Shahin Zolfaghari

## Professional Athlete Fitness Coach

### My Contact

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### Hard Skill

- Nutrition guidance
- Training programs
- Goal setting
- Strength training
- Good nutrition promotion
- Client coaching
- Fitness program development
- Evaluate participants
- Collaboration
- Healthy lifestyle advocacy
- Goal setting and planning
- Plan routines
- Form assessment

### Education Background

- united States Sports Academy  
Alabama ,36526 , USA  
2016  
Advanced Bodybuilding
- *ABBF Institute of Physical Culture*  
Hong Kong , China  
2013  
*Diploma of Instructor in  
Bodybuilding Methods*
- InfoFit Collage  
North America's Premier School  
for Fitness Professionals  
Vancouver ,Canada  
2021  
ACE Certified Personal Training

### About Me

- Energetic Fitness Trainer with expertise in mobility and strength training. Assesses client needs and develops catered programs to address personal goals. Empowering movement specialist with 20 years of industry performance and dedication to building client strength and confidence through anti-diet culture approach.
- Hardworking and reliable Trainer focused on going above and beyond to support team and serve customers. Trained in Bodybuilding and fitness offering top-notch training abilities. Motivated to continue to learn and grow as athlete professional.
- Skilled team player with strong background in sports environments. Works well independently to handle assignments and always ready to go beyond basics assignments. Quick learner with good computer abilities.
- Celebrities Personal Trainer for 10 years .

### Professional Experience

- Attended in National and International Fitness Competition
- Self Employed Coach for 15 years
- Sponsored by Best Nutrition and Supplement Brands (Cellucor , Myogenix , BPI Sports ,...)
- Sponsored by Gym Equipments (Paramont , ... )
- Have many Publications , News and Interviews In major media like Newspapers and Sports magazines and Websites online .

### Achievements

- Achieved 1st place in Mr Olympia San Marino , Italy 2017
- Achieved Overall Mr Olympia San Marino , Italy 2017 (Pro card winner )
- Achieved 2nd place in Van Pro Show Vancouver , Canada 2018
- Achieved 2nd place in Arnold Classic Ohio , USA 2016
- Achieved 2nd place in 48th Asian Bodybuilding Fitness and Physique Sports Championships , Macao , China 2014
- Achieved 3rd place in Fitness Expo Dubai , UAE 2016
- Achieved 7th place in Toronto Super Show , Canada 2018
- Achieved 7th place in Vancouver Pro Show , Canada 2022
- Achieved Many National titles in Fitness National Championship



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## Publication

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<https://muscleinsider.com/canadian-profiles/shahin-zolfaghari>

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<https://breakingmuscle.com/2022-vancouver-pro-results/>

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