


Mumal Khangarot

 Jaipur, India

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PROFESSIONAL SUMMARY

Certified Strength & Conditioning Coach, Functional Training Specialist, Rehabilitation Training Specialist, and Advanced Yoga Instructor with 7+ years of experience in performance enhancement, body transformation, corrective exercise, and holistic wellness.

Accredited by ACE, EREPS, and the Ministry of AYUSH, with advanced qualifications in yoga and yoga therapy from premier institutions in India.

Founder of Fey Fitness Studio (2023–2025) and currently a freelance coach serving high-end and elite clientele, including members of the Royal Family of Jaipur.

With a background in law, I bring analytical precision, structure, and strategic problem-solving into program design—ensuring safe, measurable, and sustainable results.

CERTIFICATIONS

- Strength & Conditioning – American Council on Exercise (ACE)
- Functional Training Specialist – American Council on Exercise (ACE)
- Strength & Conditioning – European Register of Exercise Professionals (EREPS)
- Certified under Ministry of AYUSH, Government of India
- 500-Hour Registered Advanced Yoga Teacher Training
 - The Art of Living, Bangalore
 - Rishikul School of Yoga, Rishikesh
- Yoga Therapy Certification – Rishikesh

SPECIALIST EXPERTISE

- Strength & Conditioning Programming
- Functional Training Systems
- Rehabilitation & Corrective Exercise Programming
- Post-Injury Strength Rebuilding
- Yoga Therapy & Mobility Restoration
- Fat Loss & Body Recomposition
- Structural Alignment & Injury Prevention
- High-Profile Client Management
- Premium Client Experience Delivery

PROFESSIONAL EXPERIENCE

Founder & Head Coach

Fey Fitness Studio – Jaipur

2023 – 2025

- Founded and operated a premium personal training studio
- Designed structured strength, fat-loss, mobility, and rehabilitation programs
- Worked extensively with clients undergoing recovery from injuries, mobility restrictions, and muscular imbalances
- Integrated strength training with yoga therapy for corrective and therapeutic outcomes
- Trained elite and celebrity clients including the Royal Family of Jaipur
- Managed operations, branding, client acquisition, and retention

Freelance Strength & Conditioning & Rehab Coach

Peak Fit – Jaipur

2023 – Present

- Delivering personalized strength, transformation, and rehabilitation programs
- Specializing in body recomposition and post-injury training
- Serving high-end clientele seeking structured, safe, performance-driven coaching

Freelance Coach

Sweat Up – Jaipur

2023 – 2024

- Conducted functional and corrective strength sessions
- Focused on safe progression for fat-loss and muscle-building clients

Freelance Coach

Fitness Mantra – Jaipur

2024 – Present

- Providing customized strength, mobility, and rehab-focused programs
- Supporting clients with posture correction and muscular balance restoration

Fitness Coach

Multifit – Jaipur

2021 – 2023

- Led group and personal training sessions
- Assisted clients with transformation, corrective programming, and goal tracking
- Developed structured progress-monitoring systems

EDUCATION

Bachelor of Laws (LLB)

CLIENT PROFILE

- Royal Family of Jaipur
- High-Net-Worth Individuals
- Clients in Post-Injury Recovery
- Corporate Professionals
- Lifestyle & Transformation Clients

TRAINING PHILOSOPHY

My approach integrates scientific strength programming, functional systems, and advanced yogic therapy to deliver structured, measurable, and long-term transformation. I specialize in bridging performance training with rehabilitation—ensuring clients build strength safely while restoring structural balance and mobility.