


AMIN KHOURY

EXPERT TRAINER

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 Baabda - Mount Lebanon - Lebanon

 linkedin.com/in/amin-khoury

PROFESSIONAL EXPERIENCE

Personal Trainer

Freelance

2018 – present | Lebanon

- Healing
- Posture adjustment
- Rehabilitation after injuries
- Muscle strengthening due to weaknesses and responses to chronic pain
- General fitness
- Performance improvement
- Athletic conditioning
- Time and planning management
- Managed a diverse set of 16 clients simultaneously.

Fitness manager

Riyadi Basketball Academy (RBA)

2022 – 2023 | Al Manara, Lebanon

- Developed and Applied Fitness Classes for Young Basketball Athletes
- Post Rehab Training
- Athletic Trainer
- Personal Trainer

Assistant Head Trainer

Fit Clique (rebranded to Revive HUB)

2019 – 2020 | Al Manara, Lebanon

- High level athletic conditioning (1st degree basketball and soccer)
- Posture adjustment
- Rehabilitation after injuries for athletes and sedentary people
- Time and schedule management

EDUCATION

Degree in Physical Education and Sports specialized in athletic training

Antonine University

2016 – 2020 | Baabda, Lebanon

This practical and theoretical training is backed by several subjects which touch on the fields of health, psychology and motor control.

Sport Performance Specialist – Level 1

FIBA Regional Office Asia

CPR and AED

ISSA - International Sport Sciences Association

Certified Personal Trainer

ISSA - International Sport Sciences Association

Specialist in Exercise Therapy

ISSA - International Sport Sciences Association

Specialist in Corrective Exercises

ISSA - International Sport Sciences Association

Specialist in Exercise Recovery

ISSA - International Sport Sciences Association

Health Coach

ISSA - International Sport Sciences Association

Nutritionist

ISSA - International Sport Sciences Association

EMS Fitness Expert Certification

Gluckerkolleg

From rehabilitation to performance

Centre de Formation Permanente, taught by Claudio Gaudino, athletic trainer, Chinese National Team.

First Aid

Lebanese Red Cross

TRX Suspension Training

Centre de Formation Permanente, Antonine University

Personal Trainer / Athletic Trainer

Performance first Gym

2017 – 2018 | Baabda, Lebanon

- Monitoring the physical and nutritional health of clients (youth, adults, and seniors + 1st degree professional athletes),
- EMS Training
- Time and schedule management.



LANGUAGES

- English
- French
- Arabic

Taping and Strapping

Centre de Formation Permanente, Antonine

University taught by Christophe Geoffroy, physiotherapist, French National Soccer Team.

Innovation and vulnerabilities in Sport

Faculty of Sport Sciences, Antonine University.

Arm-wrestling is Education

Karim El Andary, president of the Lebanese

Arm-wrestling Federation.

Return to Sports after ACL construction

Faculty of Sport Sciences, Antonine University