



HRITHIK KUMAR DAS

GYM INSTRUCTOR EXECUTIVE

CONTACT

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EDUCATION

Diploma in Physical Fitness (Alison)
 May 2007 - August 2011 | GPA: 3.90

Name of Exam	Board	Year of Passing	Division
10 Examination	CBSC	2021	1 st

LANGUAGE

- English
- English
- Bengali
- Kuwaiti

ABOUT ME

Dedicated Gym Inspector with strong knowledge of fitness equipment, safety standards, and facility management. Skilled in maintaining gym operations, monitoring equipment condition, and ensuring a safe workout environment for members. Committed to promoting health, discipline, and high service standards.

EXPERIENCE

2024-2025-2026

- Raffles Jaipur -1st July 2024 - 29th May 2025
- Regency Hotel, Kuwait -5th June 2025 - 25 Nov
- 1 Dec the Renaissance hotel Goa pre-Opening till now

Experience in fitness facility operations and gym inspection at Raffles Jaipur, Regency Hotel Kuwait, and Renaissance Hotel Goa (Pre-Opening).

SKILL

- First aid
- Communication
- Swimming
- Team work
- Attention to detail
- Decision making
- Rescue technology
- Water safety
- Ability to work under pressure
- Swim lessons
- Hospitality industry
- Guest experience
- Recreation
- Sports

Diploma In Physics Fitness From Alison Modules Studied

- Exercise Physiology
- Cardiovascular Training
- Swimming Safely
- Strength training
- Diploma in physical fitness-first-assessment
- Health and flexibility
- Calisthenics
- Plyometrics
- Training in challenging environment
- Preventing and treating injuries
- Performance - enhancing substances
- Diploma in physical fitness-second assessment
- Course assessment

Life saing techniques learnt From Rashtriya Life Saving.(India)

- Lock Release
- Vice Grip
- Face up Roated
- Fireman Lifting & Landing
- Cpr
- Choking
- First Aid Recovery Position
- Towing

Personal Details

- • Date of Birth : 27-07-2003
- • Height : 5.8
- • Weight : 62kg
- • Fathers Name : Dinesh Das
- • Gender : Male
- • Religion : Hindu
- • Nationality : Indian
- • Martial Status : Unmarried

Date :

Signature