



BIKELE TANGA JEPHTE

NASM CERTIFIED
PERSONAL TRAINER
STRENGTH &
CONDITIONING COACH
FORMER FIRST DIVISION
RUGBY PLAYER

PROFILE

NASM Certified Personal Trainer with strong experience in strength training, athletic conditioning, and private fitness coaching. Former first division rugby player in Cameroon with a deep understanding of sports performance, endurance, and functional training.

Passionate about helping clients improve strength, fitness, and overall health through structured training programs and professional coaching.

Currently based in Dubai and seeking an opportunity to work as a fitness coach in a professional gym environment.

SKILLS

- Strength Training
- Weight Training
- Athletic Conditioning
- Muscle Building Programs
- Client Fitness Assessment
- Personal Coaching
- Motivation & Goal Tracking

LANGUAGES

- English
- French

SOCIAL MEDIA

-  [@jephtebikele](#)
-  [@jeph1819](#)

CONTACT

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-  WhatsApp: +971 528 072 462
-  Email: bikeletanga@mail.com
-  Location: Dubai, UAE

CERTIFICATIONS

NASM International Certified Personal Trainer

Expiration: February 2028

NASM ICPT Certification

Issued: February 2026

SIRA Security Guard Certification

Dubai – April 2022

PROFESSIONAL EXPERIENCE

Personal Trainer | Strength & Conditioning Coach

Strongman and Plural Sports Academy – Cameroon

- Designed strength and conditioning programs for athletes
- Provided personal training for private clients
- Assisted clients with muscle development and fitness improvement
- Worked in sports academy supporting athlete performance

SPORTS BACKGROUND

First Division Rugby Player

Lion Rugby Club – Cameroon

- Competed at first division level
- Developed strong athletic performance and endurance

EDUCATION

GCE A Level Certificate

Cameroon