

Praful Raval

Certified Reebok Fitness Trainer

Certified Rehab Master Trainer



Praful Raval is all about Fitness with proper Technique. He has training experience of over 15 Years. He was trainer at a private gym named Fitness Mark from 2000-2007 and is a Senior Trainer at Sports Club of Gujarat Limited since 2007. And also coaches the swimming team of Sports Club of Gujarat for fitness and strengthening.

Qualifications

- Bachelor of Science (Physics).
- Reebok Certified Fitness Trainer.
- National Cricket Academy (NCA) Level "0" Certified Fitness Trainer.
- Certified Rehab Master Trainer under Ulrik Larsen, APA Sports Physiotherapist and Rehab Trainer.

Workshops Attended

- International Kettlebell and Fitness Federation (IKFF) under Steve Cotter, President (IKFF) in October 2013.
- Reebok Stationery Ball in December 2013 under Dr. VishwanathPrabhu, Faculty Reebok and ACSM since last 10 years.
- Metabolic Training in July 2015 under David Jack, Reebok Global Master Trainer.

Activities

- Fitness and conditioning workshops at Gujarat Cricket Association (GCA) for Ranji Trophy Player.
- Fitness workshops for “Empower” cricket academy students.
- Fitness workshops for his regular clients under the name “Upgrade Your Fitness”.
- Trained Tennis athlete VaidikMunshaw who has won Junior International Titles and currently competing in the seniors’ league.
- Training Swimmer Rutvik Bhatt who has won many State and National level championships and currently selected for Asians to be held in October, 2015 at Bangkok.
- His area of work also expands to Interval Training, Circuit Training, Flexi Strength, Pilates and much more. Mr. PrafulRaval also believes in upgrading the knowledge and growing with the changing times. Through constant learning and wide array of experience he very well believes that Fitness is all about right technique and works towards achieving the fitness goals of his clients.