NSAMBA SHARIF

ISSA Elite Trainer | Performance Coach | Founder, Samber Fitness

sambersha256@gmail.com • +256 784-557-329 • Kampala, Uganda • linkedin.com/in/nsambasharif-s84557329

ABOUT ME

ISSA Elite Trainer with 4 active certifications (Personal Training, Strength & Conditioning, Nutrition Coaching, CPR & AED) and founder of **Samber Fitness,** a registered performance coaching business serving busy professionals and senior executives in Kampala.

Delivered **5+ documented client transformations** and an **80% client retention rate** across one-on-one and group programs. Specializes in building personalized performance infrastructure systems covering training, nutrition, recovery, and accountability.

PROFESSIONAL EXPERIENCE

Personal Trainer

Protea Hotel by Marriott Kampala Skyz | Kampala, Uganda | *Jul 2026 – Present*

- **Hotel gym members and guests** coached through personalized one-on-one training sessions, conducting fitness assessments, designing structured exercise programs, and tracking individual progress within a luxury hospitality environment.
- Delivered group fitness instruction and guided members on correct use of fitness equipment, ensuring safe technique, proper form, and an engaging guest experience across all sessions.
- Maintained a clean, professional, and well-organized recreational facility, reporting equipment maintenance needs and upholding Marriott hospitality and guest service standards at all times.
- Applied CPR & AED emergency response protocols and followed all safety procedures in accordance with hotel operating standards.

Founder & Head Performance Coach

Samber Fitness | Kampala, Uganda | *Apr 2025 – Present*

- **5+ full client body transformations** delivered across 90-day performance programs with documented fat loss, strength, and body composition outcomes tracked via skinfold measurements, progress photos, and weekly check-ins.
- **80% client retention rate** sustained by designing individualized training, nutrition, and recovery systems built around each client's schedule, lifestyle, and performance goals.
- **25+ active prospects** managed across a structured CRM pipeline (LinkedIn and WhatsApp), using a Performance Audit as the primary conversion entry point and a high-ticket 90-Day Transformation offer.
- Developed a Corporate Wellness Partnership Proposal and introduced it to HR and people-leadership contacts, positioning Samber Fitness for institutional contracts.
- Built a proprietary three-phase coaching system (Client Intake, Performance Training, Optimization) with branded digital forms, a client dashboard, and a skinfold tracker workbook with Jackson-Pollock calculations.
- Designed and deployed the Samber Fitness Executive Performance Infrastructure Assessment, a client-facing web tool hosted on Hostinger with a PHP backend, SMTP-powered branded report delivery, and PDF download functionality.
- Created two standalone digital products: an AI Meal Plan Generator grounded in Ugandan foods and a 75-Day Challenge Companion App with Anthropic API integration.
- Built a LinkedIn content strategy around tension-led posts and pattern interruption, generating organic reach and collaboration conversations with wellness professionals in Kenya and India.

Fitness Chair

Rotaract Club of Bweyogerere Namboole | Kampala | *Jul 2025 – Jul 2026*

- **60% increase in member participation** achieved by designing and instructing weekly group fitness classes for 20+ members across all ability levels, covering aerobics, strength training, and functional conditioning.
- **70% of 30+ participants** in the 75-Day Fitness Challenge achieved documented body composition improvements under a structured daily protocol covering training, nutrition, sleep, hydration, and personal development.
- Conducted individual fitness assessments and prescribed personalized exercise programs, delivering measurable fat loss and strength outcomes within 8 to 12 weeks.
- Enforced safe training practices, facility cleanliness, and emergency readiness protocols across all sessions.

CERTIFICATIONS & QUALIFICATIONS

- ISSA Elite Trainer (Issued Apr 2026)
- ISSA Certified Personal Trainer No. 5929127 | Valid Jul 2025 to Jul 2027
- ISSA Specialist in Strength & Conditioning No. 5929134 | Valid Dec 2025 to Jul 2027
- ISSA Certified Nutrition Coach No. 5929131 | Valid Dec 2025 to Jul 2027
- ISSA CPR & AED Certified No. 5929135 | Valid Jul 2025 to Jul 2027

SKILLS

Performance Coaching	Group Fitness Instruction	Strength & Conditioning	Nutrition Coaching
Fitness Assessments	Exercise Prescription	Guest Service	Corporate Wellness
Program Design	Progress Tracking	CPR & AED Response	Digital Product Development

EDUCATION

Bachelor's Degree in Computer Science

Cavendish University Uganda | *2020 – 2023*

LANGUAGES

- English Professional proficiency
- Luganda Native

REFERENCES

Available on request.