



Abdulaziz Dalhi

Saudi Bodybuilding & Fitness Coach

Saudi - Saudi Arabia

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Who is Abdulaziz Dalhi

Abdulaziz Dalhi is a Saudi bodybuilding and fitness coach with internationally accredited certifications in sports science and nutrition. With over a decade of hands-on experience, Abdulaziz has led diverse training programs for thousands of clients across all age groups. He applies a science-based approach rooted in proven methods for muscle building and nutrition planning, transforming hundreds of lives and physiques for the better. Abdulaziz holds globally recognized coaching certifications from prestigious academic institutions, underscoring his professionalism and specialized expertise. Abdulaziz Dalhi is also an educational content creator in fitness and health, regularly sharing expert tips and guidance online. He produces and programs educational video content, delivering practical workouts and nutrition advice to thousands of followers, aiming to raise awareness about healthy lifestyles and promote sustainable fitness habits. Abdulaziz has also hosted podcast episodes focused on bodybuilding and nutrition, discussing key topics with peers to engage and inform the fitness community. In all his work, he translates the latest scientific research into actionable, effective training programs. Drawing from his personal journey overcoming underweight challenges in his youth, Abdulaziz believes that physical health is the foundation of self-confidence and holistic personal transformation. He is committed to inspiring his community and followers to adopt a balanced lifestyle that integrates consistent exercise with proper nutrition. Abdulaziz continually stays updated on the latest advancements in nutrition and training to ensure his recommendations reflect cutting-edge academic standards, driving sustainable and effective results for his clients.

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