



AHMAD ASHKANANI

Kuwaiti Bodybuilding & Fitness Coach

Kuwaiti - Kuwait

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Who is AHMAD ASHKANANI

AHMAD ASHKANANI is a professional Kuwaiti bodybuilding and fitness coach with a Bachelor's degree in Physical Education. He began his athletic journey at an early age, achieving outstanding results in multiple local and regional championships. ASHKANANI's training approach combines the latest scientific methods with balanced nutrition systems, earning him a reputation for excellence and expertise in the sports field. His career is distinguished by a blend of elite athletic performance and academic knowledge, merging hands-on experience with specialized study. ASHKANANI has won several championships at the Gulf and Asian levels in his age categories, and earned his international professional card from the IFBB in 2016 after an impressive amateur career. He made history in Kuwaiti sports by securing second place at the 2016 Mr. Olympia Pro 212 division, a unique achievement and a source of pride for Kuwait and the Arab world. In 2017, he claimed first place at the Arnold Classic Pro in the same weight category, further establishing his status among the world's elite athletes. He continues to expand his trophy collection through ongoing participation in international competitions and by strengthening his global presence. ASHKANANI remains dedicated to the sports community through his educational and coaching roles. He has served as a physical education teacher in a Kuwaiti public school and is currently a personal trainer at a private fitness center, leveraging his expertise to help others improve their fitness and health. He actively shares his knowledge and experience through digital platforms, regularly posting training tips and promoting a healthy lifestyle. Known for his unwavering commitment to a rigorous training regimen and perseverance, ASHKANANI is a role model for many young athletes in Kuwait.

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