



Ahmad Salman

Jordanian Fitness Coach

Jordanian - Jordan

[Read More](#)

Who is Ahmad Salman

Ahmad Salman, a renowned Jordanian fitness coach, was born in 1989. He began his professional journey studying commerce and accounting at the University of Jordan, but his passion for bodybuilding led him to pursue a different path. With over 13 years of hands-on experience as a field trainer in Jordan, Ahmad successfully transitioned to online coaching in 2020 following the COVID-19 pandemic, quickly gaining widespread recognition. Known as "the world's lowest-paid, highest-value coach," he is committed to delivering high-quality content at accessible prices for everyone. Ahmad Salman is distinguished by his unique approach that integrates both physical and mental health. He is the founder of the "Physical & Psychological Rehabilitation" concept, offering a unified course that combines advanced techniques such as subliminal messaging and subconscious training to achieve rapid, transformative results beyond traditional fitness coaching. His methodology focuses on mentally empowering clients to boost their commitment and achieve holistic lifestyle transformation, positioning him as a pioneer in holistic training. Ahmad's impact extends beyond conventional coaching—he established the concept of integrated rehabilitation, which has resonated widely. He is closely associated with "Wild Gym" in Jordan and has participated in notable collaborations, including a surprise singing performance with artist Tamer Hosny on the South Stage at Jerash Festival in 2022, highlighting his multifaceted talents. Ahmad Salman continues to build an informed fitness community, emphasizing that true physical transformation starts with the mind.

[Read More](#)