



Ali Abdulzاهر

Fitness Coach

Egyptian - United Arab Emirates

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Who is Ali Abdulzاهر

Ali Abdulzاهر is a fitness coach and influential figure in the health and wellness industry, holding internationally recognized certifications such as NASM CPT, ISSA CPT, and Level 3 from REPs UAE. Overcoming personal and professional challenges, Ali has become a role model for discipline and commitment. He serves as a brand ambassador for leading nutrition and supplement companies like Energy Meal Plans and AD Supplements, reflecting the sports community's trust in his expertise and deep knowledge. Ali Abdulzاهر's philosophy centers on the idea that 'fitness should be simple.' He believes fitness should complement life, not complicate it. His approach focuses on balancing intense training, proper nutrition, and practices that support mental well-being. Leveraging his digital platforms, especially Instagram and TikTok, Ali engages a wide audience with inspiring content, including workouts, motivational tips, and real transformation stories—making him a modern coach who combines expertise with accessibility. Based in Dubai, Ali Abdulzاهر is a driving force in the city's fitness scene, going beyond coaching to lead a movement in wellness. His partnerships with Energy Meal Plans and AD Supplements highlight his impact in providing high-quality fitness resources to his community, including a special discount code 'Ali15.' Actively seeking new collaborations with brands and individuals who share his vision, Ali's inspiring journey is proof that change is possible with patience, effort, and the right support.

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