



Ammar Alhalaysi

Jordanian Fitness Coach and Nutrition Specialist

Jordanian - Jordan

[Read More](#)

Who is Ammar Alhalaysi

Ammar Alhalaysi is a Jordanian fitness coach and nutrition specialist, recognized as an influential figure in the fitness and health sector in Jordan and the Arab world. Alhalaysi has built his reputation through his social media platforms, where he provides specialized content on workouts and healthy diet plans to help his followers achieve their weight loss goals and build a healthy lifestyle. His content focuses on simplifying the scientific concepts of nutrition and exercise, presenting them in a practical and easy-to-follow manner. Alhalaysi offers a wide range of free content across his channels, including home and gym workout programs, and various diet plans like carb cycling and intermittent fasting. He is also known for launching free fitness challenges, especially during Ramadan, aimed at motivating participants to commit to fitness and proper nutrition. In addition to his free content, Ammar Alhalaysi provides paid personal coaching and follow-up services, designing customized programs tailored to each client's individual goals. He manages active communities through WhatsApp and Instagram groups to offer support and guidance to his followers.

Achievements of Ammar Alhalaysi

Ammar Alhalaysi has launched successful online community initiatives, starting with free fitness programs and challenges in 2020. These initiatives have attracted thousands of participants from various Arab countries, significantly contributing to spreading awareness about the importance of exercise and healthy nutrition on a large scale. He has successfully built a strong and influential presence on social media platforms, particularly YouTube and Instagram. Through these channels, he consistently delivers educational and motivational content, including detailed diet plans and workout videos suitable for different fitness levels, establishing himself as a trusted resource for many seeking to improve their health and physical fitness.

[Read More](#)