



## Anmar Hisham

Saudi Fitness & Sports Coach

Saudi - Saudi Arabia

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## Who is Anmar Hisham

Anmar Hisham is a Saudi fitness coach who has become a familiar face to fitness enthusiasts across social media in the Kingdom. Known as "AnmarFit" on his platforms, he passionately shares his expertise in physical training and nutrition. Anmar specializes in delivering comprehensive programs that include personalized workout plans and tailored nutrition schedules. Through his website, he offers training packages designed to help individuals achieve their goals—whether building muscle or losing weight. Recognized for his lively spirit, Anmar Hisham brings a sense of fun to his content, making engagement both enjoyable and valuable. He often infuses humor into his exercise explanations and fitness challenges, aiming to make fitness more approachable and reduce stress. He also shares practical tips on staying consistent with home workouts, overcoming laziness or busy schedules, and safely choosing the right supplements. Anmar holds professional certifications in training and nutrition and stays up to date with the latest research in the field. This commitment has made him a trusted source for young people seeking reliable information beyond the myths. Thanks to his ongoing interaction with his audience—especially through his weekly Q&A sessions—Anmar Hisham has built a vibrant digital community where members motivate each other to reach their health goals. His passion and dedication have inspired many to pursue a healthy lifestyle in a positive, encouraging environment.

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