



Hend Rezk

Egyptian Martial Arts Coach

Egyptian - Kuwait

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Who is Hend Rezk

Hend Rezk is an Egyptian coach based in Kuwait, renowned for blending her passion for martial arts with extensive fitness training expertise to become one of Kuwait's most influential fitness figures. Hend has an impressive track record in various martial arts disciplines including boxing, kickboxing, and jiu-jitsu. She began her journey as an MMA fighter, earning multiple local championships before transitioning to coaching, where she helps others achieve their physical goals. Hend Rezk has gained widespread recognition on social media by sharing effective workouts that combine martial arts techniques with traditional fitness routines. With a following of over half a million, she creates videos demonstrating methods to improve strength and flexibility using self-defense-inspired techniques. Hend also shares expert advice on safe training practices and injury prevention, reflecting her professional background and commitment to trainee wellbeing. Beyond her digital presence, Hend leads a dedicated martial arts training center in Kuwait (OSS_KWT) as head coach, mentoring a new generation of young women and men passionate about the field. Her excellence has earned her ambassador roles for several sports initiatives focused on women's empowerment and increasing female participation in athletics. Today, Hend Rezk stands as a role model in Kuwait's fitness community, breaking stereotypes as both a coach and a fighter, and proving that strength and femininity can unite to create an inspiring success story.

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