



Hiba Ghanom

Fitness Coach in the UAE

Syrian - United Arab Emirates

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Who is Hiba Ghanom

Hiba Ghanom, widely known as "Coach Hiba Ghanom," is a pioneering figure in fitness and bodybuilding in the United Arab Emirates. Driven by an early passion for sports, she became a certified first-class trainer and sports nutrition expert. In 2017, she joined Uptown Sports Academy in Damascus, becoming one of the first Syrian women to break into a field traditionally dominated by men. Among her notable achievements are winning first place at the Damascus Arm Wrestling Championship in 2021 and being appointed as the first female bodybuilding referee and coach in Syria. Coach Hiba is recognized for her holistic training approach, designing customized fitness and nutrition programs for all ages and youth. Her method centers on positive energy and continuous motivation, emphasizing that fitness is a comprehensive lifestyle for both body and mind. She actively engages her audience on social media, sharing expert advice and personal insights, inspiring many to overcome challenges and enhance their quality of life. Hiba Ghanom's impact on the sports community is widely acknowledged. She was inducted into the Syrian Bodybuilding Party under the supervision of the Syrian Arab Federation. Her role as the first female bodybuilding referee and coach in Syria marks a historic milestone, earning her the trust and appreciation of the federation's Secretary-General. Hiba is a driving force in transforming perceptions of women's bodybuilding and stands as a role model for ambitious and influential Syrian women.

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