



## Jantee Shaaban

Iraqi Fitness Coach & Expert

Iraqi - United Arab Emirates

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## Who is Jantee Shaaban

Jantee Shaaban, widely known as 'Akh Al Shaab' (Brother of the People), is one of the most prominent figures in bodybuilding and fitness across the Arab world. Rising from Baghdad, Iraq, he established himself as an IFBB Pro champion and an internationally certified coach. His journey began with personal passion and determination, overcoming early challenges and limited resources to become Iraq's national champion for several years and represent his country on the global stage. Beyond his competitive achievements, Jantee has become a digital phenomenon and an inspiration to millions, building a knowledge empire in training and nutrition through social media. Jantee's signature methodology, 'Jantee Style,' is defined by scientific rigor and absolute clarity. He rejects fitness myths and misinformation, instead delivering training and nutrition programs grounded in science and years of practical experience. Renowned for his direct and uncompromising approach, he is committed to delivering real results for his clients and followers. He emphasizes correct exercise technique to prevent injuries and believes that discipline and commitment are the cornerstones of building a strong, healthy body. Jantee Shaaban has built a powerful online presence, leveraging platforms like YouTube, Instagram, and TikTok to spread his message. His YouTube channel, 'Big Jantee,' is a comprehensive resource for educational content, including detailed exercise tutorials, practical nutrition advice, and live Q&A sessions. He also launched his own app, 'Jantee Shaaban,' offering personalized training programs and coaching. His ongoing engagement and the nickname 'Akh Al Shaab' reflect the close bond he has built with his audience, evolving the trainer-client relationship into one of brotherhood and mutual support. Jantee's impact goes far beyond muscle building; he stands as a symbol of hope and perseverance for Arab youth. His story—from an ambitious young man in Baghdad to a global bodybuilding icon—inspires many to chase their dreams against all odds. He has broken barriers and made accurate fitness knowledge accessible to all, fighting against the culture of performance-enhancing drugs and misleading commercial information. Many consider him the godfather of natural bodybuilding in the region and a leading voice for health and fitness awareness. Thanks to his credibility and wide-reaching influence, Jantee Shaaban has become a strategic partner for major fitness and supplement brands such as Matrix Fitness and Ultra Made. He is a regular guest on leading TV shows and podcasts, including appearances on Sky News Arabia, where he shares his expertise and vision for the future of sports in the Arab world. Jantee continues his mission to raise awareness, train a new generation of champions, and leave an indelible mark on the history of Arab bodybuilding.

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