



Mahmood Al Durrah

Professional Bodybuilder & Coach

1986-09-21 - Egyptian - Canada

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Who is Mahmood Al Durrah

Mahmood Al Durrah is a professional Egyptian bodybuilder and fitness entrepreneur based in Canada. Born on September 21, 1986, he began his bodybuilding journey while studying civil engineering at the American University in Cairo. His first major achievement came in 2009 when he won the Egyptian Universities Championship, becoming the first in his university's history to claim the title. After graduating and immigrating to Canada, Al Durrah faced significant challenges, including difficulty finding work and surviving a house fire that left him with third-degree burns. Despite these obstacles, he persevered in his athletic career, winning the Canadian National Championship in the middleweight division in 2012 and repeating the feat in 2015. In 2016, he founded Durabolic Nutrition, an online coaching and supplement company that has served thousands of clients worldwide. He earned his IFBB Pro Card in 2017 after winning the North America Legacy Cup. In 2018, he made a remarkable debut by winning the Vancouver Pro in his first year as a professional, qualifying for the prestigious Mr. Olympia competition the same year. Al Durrah is known for his motivational style and for sharing his inspiring personal story with his followers on social media, where he creates content in both Arabic and English.

Achievements of Mahmood Al Durrah

In 2018, Mahmood Al Durrah qualified for the Mr. Olympia, the most prestigious event in bodybuilding, after winning first place at the Vancouver Pro in the 212-pound category. This achievement made him one of the few athletes to qualify for Olympia in their rookie professional year. He earned his IFBB Pro Card in 2017 by winning the Ben Weider Legacy Cup in North America, marking the culmination of his amateur career and opening the door to global professional competition. He won the Canadian National Bodybuilding Championship twice—first in 2012 in the middleweight (80 kg) division, and again in 2015. His second win came after recovering from severe injuries and third-degree burns, highlighting his determination and mental strength. He founded the Durabolic Nutrition brand for online coaching and supplements, which became a leading service in North America and the Middle East. He later sold the supplement company to focus on personalized online coaching programs, which have benefited thousands of clients worldwide.

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