



Mahmoud Al Zir

Lebanese Bodybuilding Champion

Lebanese - Lebanon

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Who is Mahmoud Al Zir

Mahmoud Al Zir is a world-class Lebanese bodybuilding champion and IFBB Pro cardholder. Hailing from Jabal Mohsen in Tripoli, Lebanon, he has achieved remarkable milestones in his athletic career, most notably securing third place at the Mr. Universe World Bodybuilding Championship in the 85kg category. Mahmoud holds a master's degree in bodybuilding and fitness, blending hands-on expertise with deep academic knowledge in his field. Mahmoud Al Zir's coaching philosophy combines his experience as a professional athlete with specialized academic insight, offering personalized training programs and online coaching. His approach emphasizes scientific, sustainable body transformation, focusing on discipline and optimal nutrition to unlock each client's full potential. Highly engaged with his audience on social media, Mahmoud shares motivational and educational content on training and nutrition, establishing himself as an inspiring and trusted figure for thousands across the Arab world. Mahmoud Al Zir has a significant impact on the bodybuilding and fitness community in Lebanon and the Arab region. Closely associated with Jabal Mohsen and Tripoli, his achievement of the IFBB Pro card is a proud milestone for his hometown. While there are no explicit records of collaborations with major brands, his ongoing work as a professional coach and public figure positions him as a potential partner and influencer in any health and fitness initiative. Mahmoud is dedicated to making a positive difference in the lives of his clients and followers.

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