



Mahmoud Dolly

Egyptian IFBB Pro Bodybuilder and Personal Trainer

Egyptian - United Arab Emirates

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Who is Mahmoud Dolly

Mahmoud Dolly is a professional Egyptian bodybuilder and personal trainer currently residing in the United Arab Emirates. He gained significant recognition within the bodybuilding community after a landmark victory in his athletic career, securing first place and his IFBB Pro Card at the 2023 Dubai Muscle Show. This achievement marked a major turning point, elevating him to the professional ranks of the sport. Combining his competitive career with his passion for coaching, Dolly dedicates his expertise to helping clients achieve their physique and fitness goals. He is an active presence on social media, where he shares specialized content on advanced training techniques, sports nutrition, and competition preparation. He offers both in-person personal training services in Dubai and comprehensive online coaching programs, attracting a wide range of followers and aspiring athletes seeking his professional guidance. His coaching style reflects a deep understanding of kinesiology and biomechanics, enabling him to design effective and safe programs for his clientele.

Achievements of Mahmoud Dolly

The most significant achievement in Mahmoud Dolly's career is his victory at the 2023 Dubai Muscle Show, where he won first place in his category and earned his IFBB Pro Card. This win not only placed him on the podium but also officially granted him professional status within the International Federation of BodyBuilding and Fitness (IFBB), allowing him to compete at the highest level of the sport globally.

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