



Manal Alzayani

Fitness Entrepreneur & Coach

Bahraini - Bahrain

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Who is Manal Alzayani

Manal Alzayani is a Bahraini fitness entrepreneur and coach dedicated to empowering women through sports. She is the founder of BurnBox, an innovative women-only fitness club in Bahrain that combines boxing with high-intensity workouts. Inspired by her passion for boxing, Manal created BurnBox to offer a safe, motivating space for women to train, build strength, and gain confidence. Manal Alzayani is a certified personal trainer and nutrition specialist, generously sharing her expertise across social media. Her content features home workout tips, technical boxing tutorials covering punching and defensive moves, and nutrition advice to maintain energy during intense training. Manal motivates women with positive messages, consistently reinforcing that every woman has the power to be strong and physically independent. Her impact extends beyond the gym—Manal is a prominent female figure in local sports media, appearing in TV and press interviews to discuss the importance of fitness for women and how to start a wellness journey from scratch. She has organized community events like free women's fitness days, bringing together female trainers and participants of all ages for fun, inclusive sports experiences. Manal has received recognition for her achievements in sports entrepreneurship and is ranked among Bahrain's most influential women. Her success lies in blending athletic passion with leadership, inspiring women in her community to overcome barriers, break stereotypes, and enter the world of sports with confidence and strength.

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