



Maysaa Najem

Jordanian Fitness Expert

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Who is Maysaa Najem

Maysaa Najem is a multi-talented fitness coach specializing in personal training, Pilates, and professional belly dance. With extensive experience, she has gained widespread recognition on social media platforms like Instagram and TikTok, where she shares her expertise and inspires thousands of followers. Known for her engaging and informative content, Maysaa has become a trusted source for those seeking to improve their health and fitness. She has successfully built a strong online community and continues to support her clients in achieving their fitness goals. Maysaa's unique approach blends Pilates—focusing on strength and flexibility—with personalized training tailored to each individual's needs, complemented by her passion for belly dance, which brings energy and creativity to her sessions. She actively engages with her audience on social media, offering valuable tips and responding to inquiries in a friendly, motivating manner, creating a supportive and encouraging environment for all. While there is no clear information about specific commercial collaborations, Maysaa Najem's impact is evident through her growing online community. She has taken the initiative to create and share a wide range of fitness content, making fitness more accessible to a broader audience. Her influence inspires followers to embrace a healthy, active lifestyle, and she continues to make a positive mark in the fitness world through her dedication and passion.

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