



Mohamad Almarzouq

Kuwaiti Bodybuilding & Fitness Coach

Kuwaiti - Kuwait

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Who is Mohamad Almarzouq

Mohamad Almarzouq is a leading sports coach specializing in bodybuilding and fitness from Kuwait. He holds a bachelor's degree in clinical nutrition from a US university and began his athletic journey as a skilled volleyball player. Leveraging this early sports experience, Almarzouq developed his technical and scientific expertise, later transitioning into coaching to dedicate his career to muscle building and fitness through evidence-based, structured programs. Almarzouq is a prominent advocate for health education, creating diverse digital content across major social media platforms. Through his video channel, he covers topics on exercise and healthy nutrition, focusing on practical, research-backed solutions. As part of his educational initiatives, he has offered free training courses in nutrition and exercise, contributing to greater health and fitness awareness in the community. Known for his disciplined and systematic coaching style, Almarzouq emphasizes the importance of nutritional and training consistency to achieve optimal physical results. His guidance is widely respected in Kuwait and beyond, especially among fitness and bodybuilding enthusiasts. His scientific background and hands-on approach have built strong trust with clients, expanding his influence and reputation as a trusted coach. Almarzouq remains committed to staying updated with the latest global research and best practices in training and nutrition to ensure his programs meet international standards.

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