



Mohamed Tamem

Certified Personal Trainer and Fitness Content Creator

Egyptian - Egypt

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Who is Mohamed Tamem

Mohamed Tamem, widely known as "Captain Tamem," is an Egyptian certified personal trainer and digital content creator specializing in health and fitness. Tamem has built a strong presence on social media through his unique and interactive approach, becoming well-known for his daily Q&A sessions where he answers follower questions about exercises, nutrition, and supplements, establishing himself as a trusted resource for many in the Arab world. As a personal trainer certified by the International Sports Sciences Association (ISSA), Mohamed Tamem offers online coaching services, designing customized training and nutrition programs tailored to his clients' goals. His content focuses on simplifying complex fitness concepts and providing practical, actionable advice. In addition to his coaching work, Tamem collaborates with brands as a professional content creator, producing promotional and user-generated content within the fitness industry.

Achievements of Mohamed Tamem

Mohamed Tamem is a Certified Personal Trainer through the International Sports Sciences Association (ISSA), a prestigious international body in the fitness industry. This certification validates his expertise and scientific knowledge in designing effective and safe training programs. He has successfully built a distinctive personal brand, "Captain Tamem," across multiple platforms like Instagram and TikTok. His strategy is centered on direct engagement and answering follower questions, which has earned him widespread trust and a significant following, positioning him as an influential fitness content creator in Egypt.

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