



Mohammad Hamze

Fitness Coach & Natural Bodybuilder

Syrian - Sweden

[Read More](#)

Who is Mohammad Hamze

Mohammad Hamze, known as MK Hamze, is a fitness coach and natural bodybuilder who has gained widespread recognition across the Arab world for his impactful sports and faith-based content. Based in Sweden, he delivers online training and nutrition programs to an audience of over one million followers on social media. Mohammad Hamze's mission centers on inspiring youth to embrace fitness and natural training, seamlessly integrating ethical and religious values into his message. His approach emphasizes natural bodybuilding and a commitment to drug-free training, making him a role model for young people seeking healthy, sustainable results. He offers practical, science-based advice on nutrition, workout volume, and proper technique, while actively engaging with his community by answering questions and correcting misconceptions. His goal is to motivate youth to transform their lifestyles for the better. Mohammad Hamze's influence extends to promoting both athletic and spiritual awareness, blending natural bodybuilding with positive religious messages under the motto "I am not righteous, I am protected." He provides online coaching through a dedicated platform and collaborates with brands and sports initiatives via his business email. Through his work, Mohammad Hamze plays a key role in building an empowered, disciplined, and motivated fitness community.

[Read More](#)