



Mohammed Ayass

Jordanian Fitness Coach

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Who is Mohammed Ayass

Mohammed Ayass—also known as "Abu Humaid" on social media—is a renowned Jordanian fitness coach who has made a significant impact on the local sports community. With years of experience in personal training and designing fitness programs for all age groups, Mohammed began his career at one of Amman's leading gyms, where he successfully guided dozens of clients to achieve remarkable transformations in their bodies and health. Through Instagram, Mohammed Ayass shares a wide range of tips and workouts, from strength training and muscle building to cardio and general fitness. He is dedicated to raising awareness about proper exercise techniques to prevent injuries, using photos and videos from his training sessions for clear demonstrations. Mohammed also motivates his followers with powerful encouragement, always reminding them that "the first step is the hardest, but the results are worth it." Mohammed Ayass is well-known for organizing monthly fitness challenges within his digital community, such as the "100-Day Workout Challenge," where participants commit to daily exercise and document their progress. These initiatives have fostered an interactive community, with members sharing success stories and before-and-after photos of their fitness journeys. Mohammed's ambition goes beyond traditional coaching—he is also a passionate advocate for fitness awareness, having appeared on several local TV and radio shows as an expert on the physical and mental benefits of exercise. Today, Mohammed Ayass stands as a model of the well-rounded coach, combining practical knowledge with genuine passion to inspire an entire community to embrace movement and activity as a core part of daily life.

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