



Nour Alshedeid

Kuwaiti Fitness Expert

Kuwaiti - Kuwait

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Who is Nour Alshedeid

Nour Alshedeid is a renowned Kuwaiti fitness coach and influencer, specializing in strength training and body sculpting with a signature focus on building the 'hourglass physique.' She has gained widespread recognition through her social media platforms, where she delivers educational and motivational content to hundreds of thousands of followers. Nour is dedicated to empowering Arab women through fitness, helping them build self-confidence and achieve their physical goals in a healthy, sustainable way. Nour Alshedeid's approach is structured and results-driven, emphasizing strength development and feminine body shaping—especially glutes—through programs tailored to diverse goals and lifestyles. Known for her motivational and direct style, she shares her personal journey and experiences to demystify the gym for beginners. Nour engages her audience with in-depth educational content on exercise and nutrition, reinforcing the belief that confidence starts from within and that every woman can realize her potential. Nour's impact extends beyond training through strategic collaborations and initiatives aligned with her vision of women's empowerment. As a brand ambassador for 'Health House Nutrition,' she highlights the importance of balanced nutrition alongside training. Her flagship initiative, the 'Flexed.co' platform, offers comprehensive training plans in direct collaboration with her community. Through her work, Nour aims to create a positive impact that goes beyond physical transformation, fostering self-confidence and discipline—making her a leading figure in the Middle East fitness industry.

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