



Youssef Idris

Fitness Coach and Bodybuilding Competitor

Egyptian - Egypt

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Who is Youssef Idris

Youssef Idris is an Egyptian fitness coach and bodybuilding competitor specializing in natural body transformation. His journey into the world of fitness began as a personal drive to overcome bullying he experienced as a youth, turning this challenge into a professional passion. Idris focuses his coaching methodology on achieving optimal results without the use of performance-enhancing substances, making him a source of inspiration for many young people aiming to build their physiques naturally and healthily. Youssef offers personalized online coaching programs, sharing effective tips on weight loss and muscle building with his followers on social media platforms like Instagram and YouTube. His content is characterized by a strong emphasis on the motivational and psychological aspects of fitness, in addition to practical training advice. Among his notable clients is the Egyptian actor Ahmed Malek, whom Idris prepared physically for an acting role, highlighting his expertise in achieving professional-grade body transformations.

Achievements of Youssef Idris

Youssef Idris achieved second place in a bodybuilding championship in the under-23 junior category. This accomplishment underscores his dedication and seriousness in the field of natural bodybuilding, where he competed effectively and demonstrated high potential in a competitive class. He successfully coached Egyptian actor Ahmed Malek, preparing him for a film role by guiding his physical transformation over a two-and-a-half-month period. This collaboration showcases his ability to apply his expertise to help clients achieve specific, professional-level goals.

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