



## Zeina Abu Sakhr

Certified Fitness Trainer

Saudi - Saudi Arabia

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## Who is Zeina Abu Sakhr

Zeina Abu Sakhr is a highly popular certified Saudi fitness trainer, especially renowned among women and girls seeking to improve their health and fitness. She has built a large following by focusing on simple, effective home workouts that empower women to stay fit in the comfort of their own homes. Zeina believes every woman can achieve her fitness goals with the right support and guidance, which inspired her to create an interactive online community where members share challenges and results under her supervision. Her content stands out for its diversity and inclusivity, covering all aspects of health and fitness—from weekly workout plans and cardio routines to nutrition tips and mental wellness motivation. Zeina is passionate about empowering women and boosting self-confidence through fitness, encouraging her followers to share their success stories and the challenges they've overcome. This interactive approach has made her an inspiration and motivated many to embrace a healthier lifestyle under the motto "Stronger Together." Zeina's impact goes beyond the digital world; she organizes group fitness challenges and in-person training sessions, and has collaborated with regional nutrition and sports supplement brands to promote the importance of physical activity. Thanks to her credibility and passion, Zeina Abu Sakhr has become a leading figure in women's fitness in Saudi Arabia, transforming thousands of lives through positive content and ongoing support.

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