

PERSONAL TRAINER PROFILE

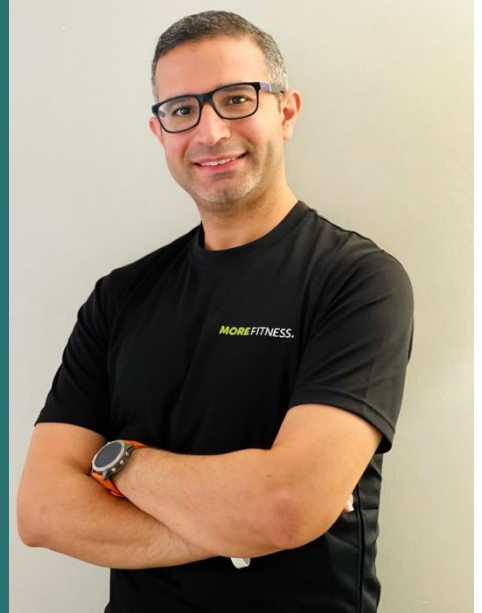
# Ahmad Allouh

## How do you book me?

Call. : **075 971 71 971**

Email: **ahmad.fitpro@outlook.com**

Fill the Form by scan the QR code below or ask at reception for my details.



## My Qualifications About me

**Personal Trainer**  
Level 3 (Practitioner)  
Functional Training  
Kettlebell Training  
Suspension and TRX

**Nutritional Advisor**

**Boxercise Instructor**

**Gym Instructor**  
Level 2

**Group Fitness Instructor**  
HIIT  
CIRCUITS  
BOXERSISE

**Fitness Query Form**  
Scan the QR Code



**Hello, I'm Ahmad and I'm a certified Personal Trainer with a desire to help my clients improve their lives through fitness and lifestyle changes.**

Skilled in the delivery of training plans using different techniques in exercise science and both aerobic and strength training programs. With the ability to offer suitable health and fitness plans designed especially for you based on your own goals

### I can support achieving the following goals:

- Weight loss/tone up or get fitter for a special event.
- Improve your stability, strength, speed, power, endurance, fitness, and confidence.
- Being a runner myself and have done few marathons, with experience of planning a program especially designed for runners to help and develop their running and achieving their goals.

I will create you a personalised, unique, training plan which can be delivered through my online coaching platform and 1-to-1 sessions. and of course, in a way that can fits better with your busy life.

Being a Nutrition Advisor I can support you with Nutrition as well in simple and effective way by working together to adopt a lifestyle and habit changes to ensure you can become the best image of your true self.