

# COACH ASHRAF

Languages: Arabic & English

Training Formats: In-Gym | In-Home | Online

Nationality: Lebanese

Client Types: Men & Women | All fitness level



## Certifications & Education:

- UAE REPs Certified Personal Trainer
- Sports Performance Institute (SPI)
- Advanced Weight Training Techniques
- Training for Health & Fitness
- BS in International Business Management

## Specializations:

- Weight Loss & Fat Reduction
- Muscle Building / Hypertrophy
- Strength & Conditioning
- Nutritional Coaching
- Functional Training

## Client Success Highlights:

- Helped multiple clients achieve visible fat loss and strength gains within 3–6 months
- Guided a diverse range of clients including beginners, women, and transformation-focused individuals
- Known for improving client retention through consistent progress and personalized attention



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