

COACH AYMANE

Languages: Arabic, French & English

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

Nationality: MOROCCO

Client Types: Men & Women | All fitness level



Certifications & Education

- * Ereps Level 3 - Europe Active (NASM)
- * IFIT Instructor - iChoreo (NASM)
- * FRM Bodybuilding & Fitness Certificate
- * ABC Diploma - High-Level Personal Trainer (2nd Degree)
- * Fit Academy - Certified Physical Trainer
- * Master International - International Diploma in Fitness Training
- * MFit Academy:
 - Certified Personal Trainer
 - Sports Massage Certification
 - Sport-Specific Recovery Techniques
 - Diploma in Physical Education & Sports
- * Les Mills Academy: BodyPump, BodyAttack, BodyCombat, RPM, GRIT
- * Riyadiyin High School, Tangier - Morocco (Baccalaureate - Sports & Studies Track)

Specializations

- * Multi-disciplinary Coaching
- * Training seniors, youth, and general populations
- * Functional Training
- * Boxing Fitness
- * Physical Conditioning
- * Individual & Group Fitness



WWW.LUXEFITNESSCOACHING.COM