

COACH PAUL

Languages: Arabic & English

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

Nationality: Egyptian

Client Types: Men & Women | All fitness level



Certifications & Education:

Certified Personal Trainer – NASM -Level 3 REPS- Bachelor degree of physiotherapy - FIFA certified sports injuries Rehabilitation Specialist- CPR-

Specializations:

- [Weight Loss Coaching]
- [Muscle Building / Hypertrophy]
- [sports injury/ Rehabilitation]
- [therapeutic massage]

Training Style:

Motivational, structured, goal-oriented

Emphasis on technique and injury prevention

mindset and behavioral change approach

Scientific based

Coaching busy people on how to reach their full potential only working out 3 hours per week

Client Success Highlights:

Helped a client lose 30 kgs in 6months

Helped athletes recover from ACL and get back to running

Helped overweight busy woman get toned and get flat stomach



WWW.LUXEFITNESSCOACHING.COM