

# COACH JIHAD

Languages: Arabic, French & English

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

Nationality: MOROCCO

Client Types: Men & Women | All fitness level



**Coach JIHAD** is a Level 4 Certified Personal Trainer by the National Academy of Sports Medicine (NASM) — one of the most prestigious and science-driven fitness certifications in the world. This elite qualification reflects her advanced expertise in corrective exercise, performance enhancement, and client-centered program design.

## Specializations

- Evidence-based fat loss programs
- Muscle hypertrophy & body recomposition
- Strength & resistance training
- Postural correction & mobility improvement
- Injury prevention & corrective exercise (NASM methodology)
- Group training (Les Mills approach)

## Training Philosophy

All programs are grounded in NASM's Optimum Performance Training (OPT) model, ensuring structured progression, injury prevention, and lasting results. Every client journey is tailored with care, accountability, and science.



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