Ali Al Ramahi

Do you want to improve your fitness and get into a better shape?
Need help with your nutrition and exercise?
Confused by all the different conflicting information out there?

Personal training can be a great tool to help you solve all these questions and start on the right path. Clients waste a great deal of money and time chasing different fad diets and ineffective exercise programs that are not tailored to their needs. With the right personal trainer, you can achieve results safely and efficiently. If you are serious about making a difference to your health and fitness, get in touch and find out what programs are available to help you achieve the healthy and beautiful body you deserve.

Ali completed his BSc in sports and exercise science and MSc in strength and conditioning. He has excellent knowledge and experience in coaching both beginners and athletes. Ali understands his client’s needs and how to deliver great workouts that motive and achieve results.

QUALIFICATIONS

MSc in Strength & Conditioning
BSc in Sport and Exercise Science
NSCA Certified Strength and Conditioning Specialist
Register of Exercise Professionals Level 3