

Ali Al Ramahi



Do you want to improve your fitness and get into a better shape? Need help with your nutrition and exercise?

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 motivate and achieve results.

PERSONAL TRAINER

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QUALIFICATIONS

MSc in Strength & Conditioning

BSc in Sport and Exercise Science

NSCA Certified Strength
and Conditioning Specialist

Register of Exercise Professionals Level 3