



Mohamed Makkawy

Professional Mr. Universe, IFBB Pro, MES, USA Olympic Weightlifting Certified Club Coach (USAWCCC)

Credentials:

- Professional Mr. Universe
- Certified Medical Exercise specialist
- Accredited Professional Trainer: International Federation of Bodybuilders
- Current active member of the IFBB pro division/2004
- Egypt's middleweight national junior champion in Olympic style weightlifting
- Special envoy to the United States Sports Academy
- Member of S.W.I.S., lecturer and presenter (S.W.I.S. 2002)
- Member of the Adelaide Club Personal Training team since 2000

Philosophy

Mohamed's clients receive complete lifestyle coaching with the goal of enjoying a healthier life. His ongoing efforts in personal training are directed towards realistic improvements in functional health and daily living. Mohamed specializes in strength and muscular development training. He has also prepared people for competitive events such as the Highland Games and marathons. Within his 34 years experience, he has also been successful with assisting in the correction of various muscular conditions such as lax rotator cuffs and plantar fasciitis.

Experience

- Lectured worldwide on strength training and bodybuilding techniques
- 36 years of field experience in strength training with an advanced integration of sports nutrition and supplementation
- Extensive independent studies and research in anatomy and exercise physiology since 1970.
- Certified and experienced in post rehab and recovery training. Mohamed continues to integrate strength training principles into these post rehabilitative protocols.
- Possess' a unique ability to create and develop new exercises as seen in the SWIS presentation (2002).
- Mohamed takes an active role creating sport specific training programs that improve athletic performance in sports such as ice hockey, marathons, and the Highland Games.

**PERSONAL
TRAINING**

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