

Nationality: Lebanese

Marital Status: Single

Phone: +96171962882

Instagram: as.growth

Facebook: Abbas Abdelsater

Worked 2 years as a fitness coach at Chwafet Gym and 2 years as a personal trainer at Gym Club.

I hold a degree in physical education from amjad university institute(bt3).

I hold a certificate in physical preparation and physical tests

I hold a certification in personal training

I am completing my studies in physical education in the last year of university

Conducted online workshops on sports and physical education (2022) and proper nutrition (2020).

Personal trainer specializing in powerlifting, flexibility, and aerobics since 2020.

Provided nutritional and sports advice by phone in 2020.

Worked as an accountant in a food supplement store in 2018 and 2020.

Participated in summer and school clubs at Imam Sadiq School and still provide lessons there.