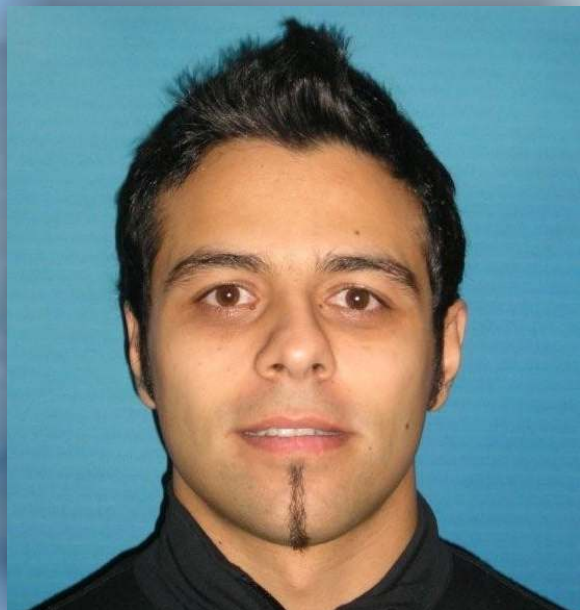




Personal Trainer



Pouyan Kazami

Starting to feed his interest in health-orientated activities at a young age, Pouyan involved himself in martial arts from the age of 12, participating in Aikido (Japanese-Guiding Force-soft art) then Tae Kwon Do (Korean-Force on Force-Hard art) at age 14. He has since then participated in a colourful variety of other sports, including rock climbing and water polo. He then went on in 2004 to compete professionally in bodybuilding, achieving three 1st place championship awards. Always up for a challenge he is genuinely dedicated to both living and spreading healthy lifestyles, without forgetting to keep it fun! His reward is your success, and his inspiring nature never fails to bring out the best in the people around him, making the pathway to success a pleasant and fulfilling one.

Philosophy

I am highly motivational and take great pride in my work, providing optimum results through consistency to detail and concentrated attention to the customized needs of each client I work with. I take your time with me seriously. My open-minded attitude and international experience gives me the unique quality to work exceptionally well with a variety of different types of people, and prioritize in helping you to achieve your personal needs and goals.

Certifications and Education

- Kinesiology - Mobarak University
- CPR & First Aid
- 3rd class international coaching

Additional Training & Qualifications

- Rehab Training
- Sport Psychology
- Fat Loss Training
- 3 time - 1st place Provincial Bodybuilding & Figure Champion

Client Specialty Focus

- Rehabilitation
- Sports Conditioning
- People with Disabilities
- Fat Loss
- Young Children (Pre-School +)
- Hypertrophy
- Sports Injuries