WELCOME PACK

Time to get *AMMARIFIED.*

Everything you need for your first week, and how we work together from here.



AMMARIFIED

FOUR STEPS

How it *works*

01

INTAKE

Fill in the intake form: goals, schedule, injuries, the food you like.

02

YOUR PLAN

Your training and meal plan land on WhatsApp within 48 hours.

03

SUNDAY CHECK-IN

Every Sunday: weight, waist, two photos and how the week felt.

04

ADJUST

We adjust every two weeks. You keep moving forward.

Questions? One message away.

WHATSAPP · SUN–THU, 10:00–20:00

CUT LIKE A SUIT

Four *programmes*

Start with the team, or work with Ammar himself. Longer plans cost less per month.
Prices in EGP; USD for Gulf clients on request.

WITH THE TEAM

Essentials

from 1,050 EGP / mo

3 MO 4,500 · 6 MO 7,800 · 12 MO 12,600

— Training + meal plan, updated every 2 weeks
— WhatsApp team support
— Monthly check-in from Ammar
— Partner discount codes

WITH THE TEAM + AMMAR

Tailored

from 1,800 EGP / mo

3 MO 7,500 · 6 MO 12,900 · 12 MO 21,600

— Everything in Essentials
— Weekly check-ins
— 1 video call a month with Ammar
— Travel and eating-out guide

WITH AMMAR

Made-to-Measure

4,000 EGP / mo

3 MO 12,000 · 6 MO 21,000

— 2 video calls a month with Ammar
— Weekly check-ins reviewed by Ammar
— Voice-note replies within 24 h
— Monthly form review on video

AMMAR, FULLY PERSONAL

Bespoke

from 9,000 EGP / mo

3 MO 30,000 · 6 MO 54,000

— Weekly video calls
— Direct WhatsApp with Ammar
— Nutrigenomix gene test included
— Monthly in-person or style session