

The
Weekly
Bulletin

Week 02/25

Wind Down

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ALI KERDI

FITBOX

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ALI KERDI, a celebrated kickboxing champion and coach, is the visionary behind FITBOX, Oman's most popular fitness brand. With two thriving branches and over 1,000 students of all ages and genders trained under his guidance, FITBOX stands as a testament to his passion for boxing and unwavering commitment to fitness, discipline, and mental resilience.

FITNESS BOOST

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Dear Valued Readers,

Welcome to this week's edition of Wind Down! As we step into a new week, we're excited to bring you the theme Fitness Boost—a celebration of health, vitality, and self-care.

Fitness isn't just about lifting weights or running miles; it's about finding balance in body, mind, and spirit. Whether you're taking the first step toward an active lifestyle or you're a seasoned fitness enthusiast, this bulletin is packed with inspiration to keep you motivated.

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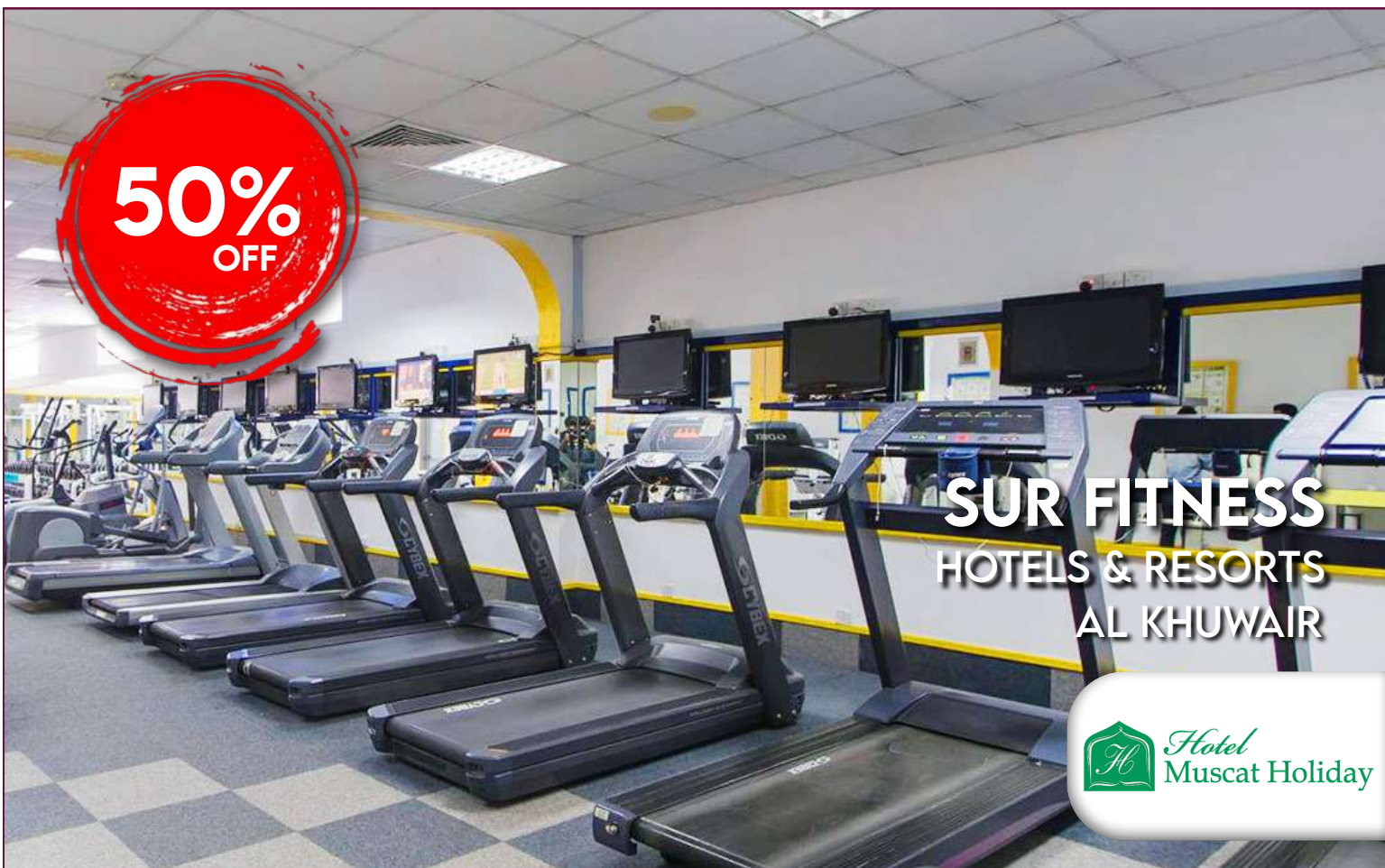
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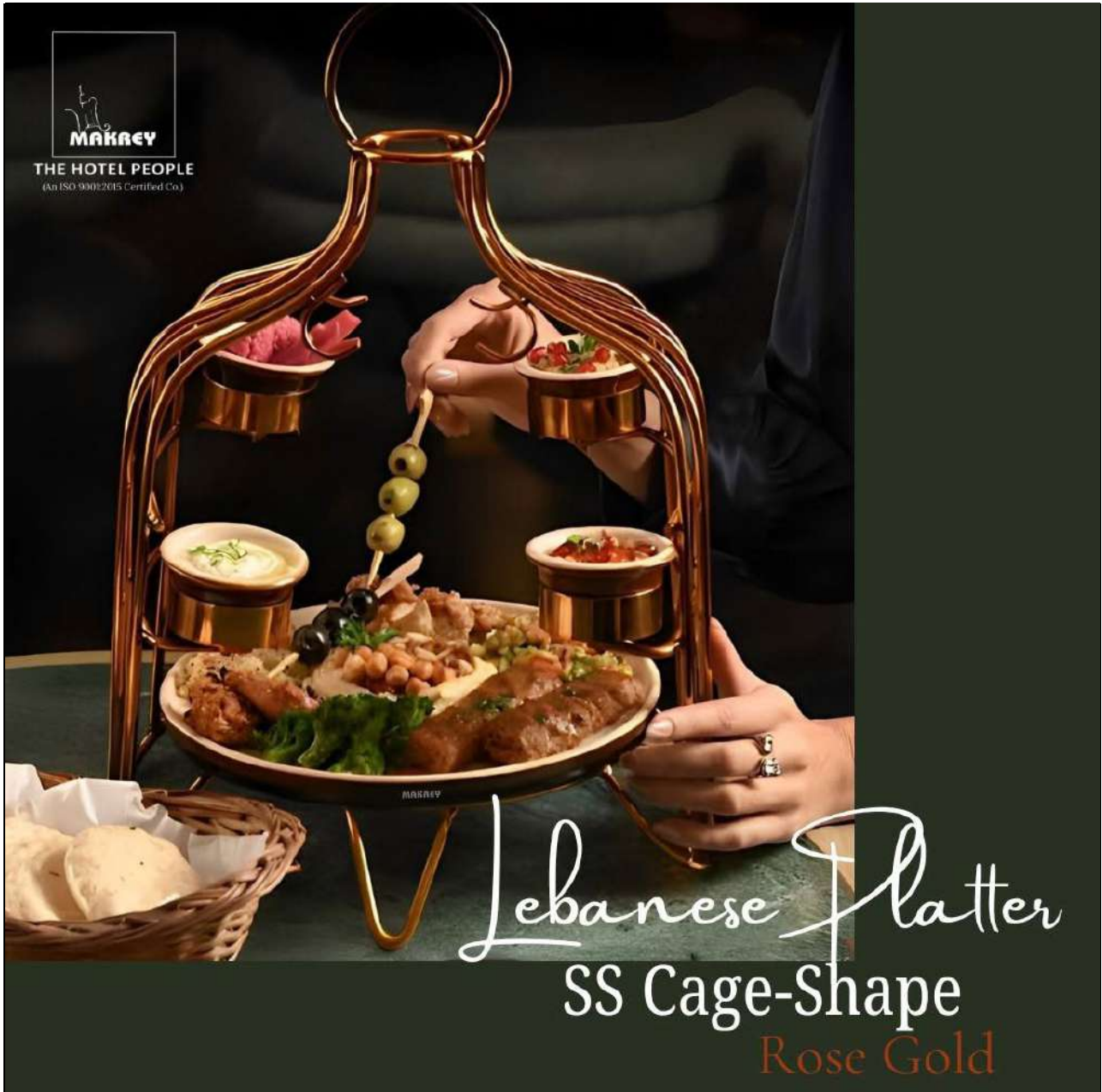
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