

ATHLETE · COACH · PERSONAL TRAINER

# SADEM BENKACEM

Calisthenics · Artistic gymnastics · Hybrid strength & conditioning

PRIVATE ONE-TO-ONE COACHING

Dubai · Sharjah · Ajman · Umm Al Quwain

WhatsApp **+971 50 822 1434**

Email **hello@coachben.life**

Instagram **@sadem\_benkacem**



# ATHLETE, COACH AND PERSONAL TRAINER

Sadem Benkacem works across artistic gymnastics, calisthenics and hybrid strength and conditioning. He has almost 15 years of coaching experience, including gymnastics at the NRBSM club in Algiers from 2015 through the 2018 season, and completed the World Calisthenics Organization's StreetSport Level 1 and Level 2 courses in Dubai in 2019.

He competes in team obstacle and functional events at the Gov Games in the UAE, where he has led the Umm Al Quwain team, and in 2020 he was featured by Calisthenics World Records for 13 consecutive one-arm muscle-ups. He coaches one to one across Dubai, Sharjah, Ajman and Umm Al Quwain, in English, Arabic and French.

He also holds a master's degree in chemistry from USTHB in Algiers — a background that shows in how he structures and records training.

*It all starts with the mindset. Before the first rep, before any plan, there is a decision — that you are done negotiating with yourself. My job is to hold you to that decision, session after session, until discipline is simply who you are. The body follows.*

— SADEM BENKACEM



RAMADAN GAMES 2023, DUBAI

## 13

CONSECUTIVE ONE-ARM MUSCLE-UPS ·  
WORLD RECORD, 2020

## L1 & L2

WCO CALISTHENICS COACHING  
COURSES

## 15

YEARS COACHING (ALMOST)

## MSC

CHEMISTRY, USTHB

# CREDENTIALS & EDUCATION

|                |                                                                                                                                                                   |
|----------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>2019</b>    | <b>WCO StreetSport Calisthenics — Level 1</b><br>World Calisthenics Organization · certificate of attendance · Gravity Calisthenics Gym, Dubai · 22 November 2019 |
| <b>2019</b>    | <b>WCO StreetSport Calisthenics — Level 2</b><br>World Calisthenics Organization · certificate of attendance · Gravity Calisthenics Gym, Dubai · 23 November 2019 |
| <b>2017</b>    | <b>Initiator in Artistic Gymnastics — training and refresher course</b><br>Algiers Gymnastics League (Ligue Algéroise de Gymnastique) · 23–24 September 2017      |
| <b>2015–18</b> | <b>Gymnastics coach</b><br>NRBSM amateur sports club (Nadi Riadhi Baladiet Sidi M'Hamed), Algiers · 2015 to 2018 seasons                                          |
| <b>2016</b>    | <b>Master's degree in Chemistry</b><br>USTHB, Algiers · theoretical chemistry, computational chemistry and spectroscopy                                           |
| <b>2013</b>    | <b>Bachelor's degree in Chemistry</b><br>USTHB, Algiers · fundamental chemistry                                                                                   |

Certificates available on request.

# 2025 2024

NEWEST FIRST. DATES ON  
TRAINING PHOTOGRAPHS  
ARE THE DATES THEY  
WERE POSTED.

Oct 2025

**Arabian Warriors League OCR Championship — 2nd place**

October 2025

2025

**Gov Games — 1st place, Battle of the Government**

UAE Ministry of Defence team

2025

**3-month training programme with the UAE Ministry of Defence**

As athlete and coach

Feb 2024

**Gov Games 2024 — 4th place in qualification**

Team leader, Umm Al Quwain



Oct 2025 · Arabian Warriors League  
OCR Championship, 2025



Feb 2024 · Sandbag carry — Umm Al Quwain team



Feb 2024 · Water ramp — Umm Al Quwain team

# 2024

continued

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Oct 2024      Handstand on the high bar

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Feb 2024      On the bar, night session

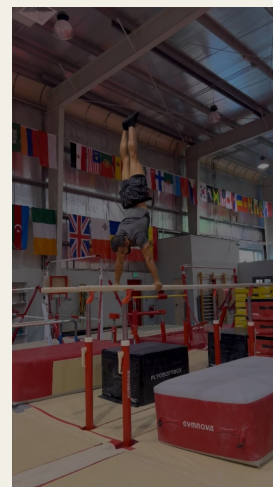
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Jan 2024      Support hold on the bars

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Feb 2024 · Umm Al Quwain team, Gov Games



Oct 2024 · Handstand on the high bar



Feb 2024 · On the bar, night session



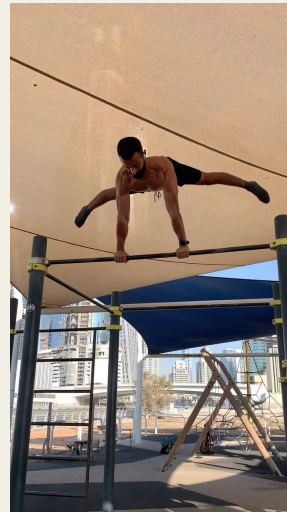
Jan 2024 · Support hold on the bars

2023

|          |                                                                                                                                 |
|----------|---------------------------------------------------------------------------------------------------------------------------------|
| Dec 2023 | Planche at sunset                                                                                                               |
| May 2023 | <b>Led a muscle-up workshop</b><br>Dubai                                                                                        |
| May 2023 | Straddle planche on the high bar                                                                                                |
| Mar 2023 | <b>Ramadan Games — Dubai Police Community Obstacle Challenge</b><br>200 m obstacle course — finished 13th of 85 · 31 March 2023 |
| Mar 2023 | <b>Gov Games 2023</b><br>Competed with his team                                                                                 |



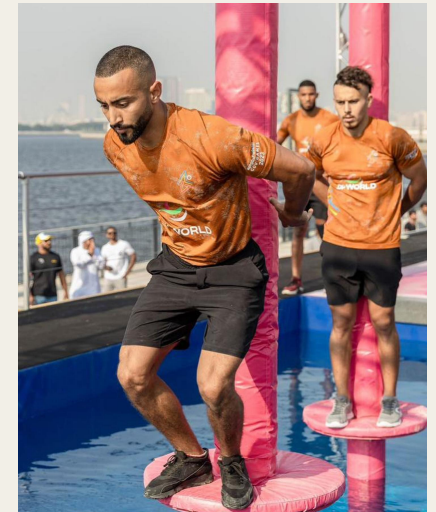
Dec 2023 · Planche at sunset



May 2023 · Straddle planche on the high bar



Mar 2023 · Ramadan Games 2023, Dubai



Mar 2023 · Gov Games 2023

# 2022

# 2021

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Dec 2022      Straddle planche — Burj Al Arab, Dubai

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Dec 2021      **Led a muscle-up workshop**

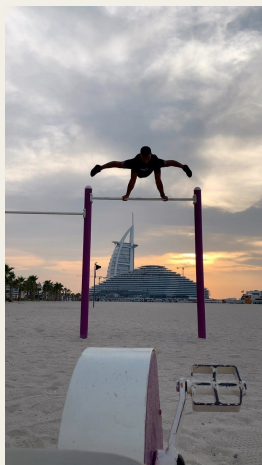
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Nov 2021      Handstand on parallelles

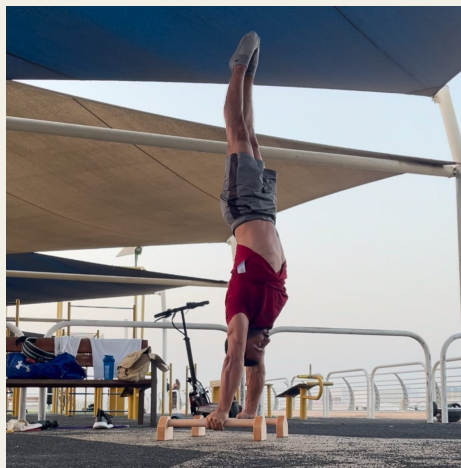
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Aug 2021      Handstand — Burj Khalifa, Dubai · Planche on the bars

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Dec 2022 · Straddle planche — Burj Al Arab, Dubai



Nov 2021 · Handstand on parallelles



Aug 2021 · Handstand — Burj Khalifa, Dubai



Aug 2021 · Planche on the bars

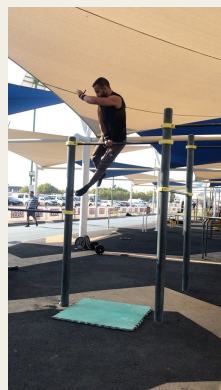
**2020** **World record — 13 consecutive one-arm muscle-ups**

Featured by Calisthenics World Records, October 2020

Jun 2020 Planche on the beach

May 2020 Human flag on the beach

Jan 2020 One-arm handstand on the rail



2020 · From his 13 one-arm muscle-ups video, January 2020



Jun 2020 · Planche on the beach



May 2020 · Human flag on the beach



Jan 2020 · One-arm handstand on the rail

# 2019

# 2013

to 2018

**Dec 2019**      **Planche on parallelles**

**Dec 2019**      **Battle of the Bars, Dubai**  
Took part

**Nov 2019**      **WCO StreetSport Calisthenics — Level 1 & Level 2 courses**  
Gravity Calisthenics Gym, Dubai · 22–23 November 2019

**2015–2018**      **Gymnastics coach**  
NRBSM amateur sports club, Algiers

**Sep 2017**      **Initiator course in Artistic Gymnastics**  
Algiers Gymnastics League · 23–24 September 2017

**2016**      **Master's degree in Chemistry**  
USTHB, Algiers

**2013**      **Bachelor's degree in Chemistry**  
USTHB, Algiers



Dec 2019 · Planche on parallelles



Dec 2019 · Battle of the Bars, Dubai

# WHAT THE COACHING COVERS

## Calisthenics & bodyweight strength

Pulling, pushing, levers and static holds, on the bar, the rings and the floor.

## Gymnastics & movement skills

Shapes, body tension, handstand work and basic acrobatic skills, adapted for adults.

## Hybrid strength & conditioning

Barbell and bodyweight strength alongside running, carries and circuit formats.

## Competition preparation

Event-specific skills — carries, climbs, ramps, water obstacles — and pacing across heats.

**STRENGTH IS A DECISION  
YOU MAKE BEFORE THE  
FIRST REP.**

## START AN ENQUIRY

WhatsApp [+971 50 822 1434](tel:+971508221434)

Email [hello@coachben.life](mailto:hello@coachben.life)

Instagram [@sadem\\_benkacem](https://www.instagram.com/sadem_benkacem)

ONE TO ONE · DUBAI · SHARJAH · AJMAN · UMM AL QUWAIN ·  
ENGLISH, ARABIC, FRENCH