

IT and Fitness Skills

Adil Moughal Student at the school of computing and informatics and Co-Founder of BodyCraft Sports Nutrition(Bodycraft.co.ke) was priveledged to give a talk on Bodybuilding and fitness at K24 Alfajiri program (<https://www.youtube.com/watch?v=CFhwullAlZg>),He has used his IT and fitness skills to come up with IT solutions that assist fitness enthusiasts achieve their goals.He has an app on playstore "gym assistant" that helps gym goers manage their Workouts and learn more.