



Hello BBS Alums!

The Alumni Highlight is a monthly newsletter that aims to highlight the philanthropic, academic, entrepreneurial and professional achievements made by our thriving BBS Alumni community.

Hamad Al Mutawa graduated from BBS in 2005 and went on to complete an undergraduate degree in Accounting from Kuwait University in 2009 followed by an MBA from Gust University in 2012. He most recently launched a new gym and personal training venture in Kuwait called Concrete Gym.



What triggered your passion for fitness and inspired Concrete Gym?

I love sports from when I was a kid. I used to join afterschool clubs like soccer and dodge ball. In High School I joined an old fashioned gym. With time I became more aware and deeply involved in health and fitness. Being in Kuwait with all the food and gatherings, you will gain weight unless you join a gym. Me and my two partners came up with an idea to open a gym that focuses purely on strength and conditioning. We also have highly trained and certified home personal trainers for members who find it more comfortable to train at their own chosen premises or home.

What are some obstacles you faced at the beginning of your venture?

We had 2 major obstacles that postponed our opening 3 months which was the transparency with the contractor who built the gym. The other obstacle was the

time we took to find the perfect location for the gym in Kuwait.

How is Concrete different from other gym facilities in Kuwait?

Concrete is a local gym specializing in functional training and mobility for males and females.

We focus on pure strength and conditioning exercises for the whole body. We have two main divisions: A local gym as well as home personal training and are the first to offer and provide both services under one gym in Kuwait.

What advice would you give to someone considering establishing a new business venture in Kuwait?

My simple advice would be to definitely do so. Having your own business teaches you many things and opens many career opportunities. Using your continuous knowledge would gain you more experience and self-motivation. Having your own business could be your side project beside your regular job.



To get in touch with Hamad and find out more about Concrete, check out the Instagram page @concretekwt and Snapchat @concretegym

We're on social media, tag along!

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