



INTRODUCING

Nadine Rother

Bodybuilding, Fitness & Nutrition Coach



Build strength, improve performance, transform your physique, and develop the mindset needed to achieve your fitness goals. As an international bodybuilding champion and certified Fitness & Nutrition Coach, I provide personalized training and nutrition guidance to help you achieve lasting results.

EDUCATION & CERTIFICATIONS

- Certified & Licensed Bodybuilding Trainer
- Certified & Licensed Personal Trainer
- Certified & Licensed Fitness Trainer
- Certified & Licensed Nutrition Coach
- NABBA Miss Universe Bikini 2024
- WFF Miss Universe Sports Model 2024

Stuttgart Sports & Fitness

Panzer - Patch - Kelley - Robinson

stuttgart.armymwr.com