

FITNESS CLUB

A Bahrain based British world body builder champion is breaking stereotypes with her determination towards athletic body building

Defeating Stereotypes



Tamara Makar

TDT | Manama

Harpreet Kaur

A decade into her fitness and body journey, Tamara Makar, a British world bodybuilding champion, is breaking stereotypes with her determination towards athletic body building for modern women in the country.

Makar, who was more into martial art training at the age of 14. She had to stop training for a year after an injury, but as she returned to training, her love for lifting weights grew.

Makar lifted weights until about 2010, after which she joined a serious gym where she got the encouragement and support to compete in events. In 2011 she approached a coach, International Federation of Bodybuilding & Fitness (IFBB) Harold Marillier, who helped her with the first steps.

“Marillier took me under his wings and I entered my first competition in the United Kingdom, the British Bodybuilding and Fitness Federation (UBBF) in September 2011, where I qualified for the British Federation which I came first in.”

“Everyone said I had a great achievement in, in 2012 I switched to NAC, in April I qualified for the worlds and in June I won the British Federation November and I won.”

Makar has been competing in four events every year with federations, including World Body Building Association and National Body-Builders' Association at international level, worlds championships and universals.

“I am a world champion in the NAC federation. My goal has been to win more titles; they have been competing with different federations internationally. In the recent 3-4 years, I have been competing with NABBA at their world championships and universals where I place in the top three.” “There are many challenges ahead. There's never a good time to start preparing. There's always an injury, changing moving houses, but it all comes down to focus, which is a priority. If you want to win, you'll never make it. It's about how much you focus on your prep and how much you

MODEST

How Rabia Z

Rabia Z Zargarpur's brand first came to life in 2002, as one of the world's first modest fashion, ready-to-wear e-commerce stores, a time when the industry certainly wasn't as known as it is today

Arab News | Dubai

Rabia Z. Zargarpur is a superwoman. Learning about her insane current schedule, one wonders when she finds the time to eat and sleep.

Business trips aside, the designer – the force behind the renowned modest fashion brand Rabia Z – has been focusing on the official launch of her Rabia Z Modest Fashion Academy, plus her online Rabia Z Mentorship Program. Then there's her consulting work, rebranded Rabia Z launch and sustainable fashion collection.

“And of course, family time with my husband, entertaining our 6-year-old twins and our 14-year-old son, who are off for the summer,” the 40-year-old founder, CEO and creative director told Arab News. “So yeah, pretty much business as usual!”

Zargarpur's brand first came to life in 2002, as one of the world's first modest fashion, ready-to-wear e-commerce stores, a time when the industry certainly wasn't as known as it is today.

“We were producing the basics line in Dubai and selling out of San Francisco from my grandfather's garage,” the Emirati-Afghan-American explains. “We relaunched as a full-on designer brand back in Dubai, on runways in 2006, and won the Emerging Designer Award at Dubai Fashion Week in 2007.”



Rabia Zargarpur wearing her line's organic linen abaya and signature breathable jersey hijab, the best-selling hijab in the world



Rabia Zargarpur selected to showcase her designs for the Swarovski 50th Anniversary