

Get to know more about the bodybuilding champion named Mohammad Yasin Lak

Professional Bodybuilding Athlete



Afono, Jan 16, 2021 ([Issuewire.com](https://www.Issuewire.com)) - EARLY LIFE:

Mohammad Yasin Lak was born on December 4th, 1987 in Tehran, Iran. He is one of Iran's national Physique champions and a former member of the national bodybuilding team. His father is also one of Iran's legendary professional athletes in wrestling and weight-lifting. Due to his extensive family history at sports, Yasin was first attracted to professional soccer. He has been a member of multiple soccer

teams in Tehran and continued to play football until he turned 18. He had to leave his club due to some complications and then started to lift weights and trained as a bodybuilder under his father's guidance. He also chose sports science as his major to improve his knowledge parallel to developing his body.

PROFESSIONAL CARRIER:

Yasin started to compete on stage as a physique contender in 2015. He won 7 consecutive gold medals at Tehran regional competitions and finally became Iran's physique champion in the National championship games held in Sari. Two months later, he was a member of the national bodybuilding team, chosen to compete at Spain world championship competitions. His physique bloomed at his first international competition, where he stood on stage next to one of the Iranian legendary physique champions, Mohamad Kashanaki, at Mr. Olympia 2016 and he won the bronze medal in a breath-taking performance. Yasin was just getting started. He kept his title as Iran's reigning physique champion for the second time and was again chosen as a member of the Iranian national bodybuilding team. A month later, he competed at Iranian prestigious worker's federation championships and became a member of the workers' national team to appear on stage at Mr. Olympia competitions held in India. He chose to prepare for this event over joining the national bodybuilding team, due to these competitions being held at the same time. He traveled with the workers' national team and won Mr. Olympia's bronze medal, which was a great accomplishment for his carrier. He has participated in 16 different national and international events and won 10 gold medals, 3 silver medals, and 3 bronze medals. Currently, Yasin Lak works as the head of the educational committee of workers federations and teaches multiple courses on physique and fitness training.



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