



JAKOB SALTER

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- ISSA Personal Trainer
- ISSA Body Building Specialist

Hometown:

Marchfield, WI

About Me:

From a young age, my athletic background in football laid the foundation for my passion for strength training and plyometrics. As a personal trainer, I enjoy working with both kids and adults, helping them build strength, improve mobility, and reach their fitness goals.

Having personally experienced the challenges of recovering from injuries and surgeries, I take a patient and strategic approach to rehabilitation and pain management. I also specialize in weight loss and overall wellness, guiding clients through sustainable fitness strategies tailored to their unique needs.

About Me Continued:

My goal is not only to help you achieve your ideal physical shape but also to educate and empower you with the knowledge and tools to maintain long-term health and wellness. No matter where you are in your fitness journey, I'm here to support and motivate you every step of the way.

Education:

Associate in criminal justice

Areas of Expertise:

Hypertrophy training

Hobbies:

Guitar, Nature, Motorcycles, Football, and travel