



JUSTIN KONWINSKI

PERSONAL TRAINER



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- ACE Certified Personal Trainer
- MMA Conditioning Specialist
- Corrective Exercise Specialist
- Senior Fitness Specialist
- Youth Fitness Specialist

Hometown:

Chippewa Falls, WI

About You:

I have been in the Chippewa Valley my whole life, graduated from UW – Stout and live in the area. Fitness has always been a part of my life as a wrestler from elementary school and up. I am now a Brazilian Jiu-Jitsu black belt and the owner of Campeao Jiu-Jitsu where I teach Kickboxing, MMA, and BJJ.

I absolutely love coaching and helping people reach their highest potential and I am here to bring my background and experience to serve my local community beyond martial arts. I have taught group classes for several years, working with students as young as 4 and as old as their 60s

I believe in empowering my clients with the knowledge and skills to take their fitness to the next level and adopt incremental lifestyle changes that will inevitably lead to a healthier more fulfilling life. Exercise has so many tremendous benefits and together we will work toward tangible measurable goals, as well as make your experience enjoyable, fun, dynamic, and engaging.

Training Style:

First and foremost, I am here to serve You. The science states we will live our healthiest life with a combination of cardio and strength-based training. So let's start there!

Favorite Workout:

Beyond martial arts, of course! For weight training, I love the classic push-pull split with lots of compound lifts. For cardio I also love to go for trail runs and bike out at Lowes creek.

Closing Thoughts:

It all comes down to you and your Why. With a strong Why, you can bear any How. Let's find yours and start the journey together!

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