

# Todd Grauvogl



## Introduction

You are the reason that I am a personal trainer! Helping you reach your fitness goals through coaching, listening, challenging you and being there for you when it gets tough is who I am.

## Qualifications

- Associates Degree from Globe University Fitness Specialist
- AAA/ISMA Certifications:
  - Personal Trainer Level I & II
  - Senior Fitness
  - Sports Nutrition
- Off-season Training Assistant for Monona Warriors Men's and Madison Blaze Women's football teams
- Assistant Track/Cross Country Coach McFarland High, McFarland, Wisconsin
- Keeping up with my 5 year old son

## Experience

Over 40 years of running, coaching and now training. I grew up in sports and have allowed those experiences to mold me into the trainer and person I am today. My greatest experience is seeing your happiness when you realize you can do more than you think as well as having you reach your goals and the joy that brings you.

## Specialties

Though my specialty is core and body weight exercises, I have also started working with slow-motion weight training as well as sport-specific training to assist those preparing for events or seasons.

TRAINER