



MARIO ZWINGMANN

Certification and Education:

- ISSA – Certified Personal Trainer
- Also specialized in
- Optimal Body Composition
- Post-Rehab Essentials
- (Peak Perform University under NSCA)

Experience:

- Body Composition
- Strengths and Performance
- Bodybuilding / Prep-Coaching

Why I Do What I Do:

I was a professional athlete when much younger and stopped exercising for many years. 7 years ago I saw myself getting fat and flabby, so I decided to change my lifestyle and found myself back in fitness and my passion in bodybuilding. I was feeling so great when I saw my body changing, so I decided to help and guide other people by reaching their fitness goals and make them feel great!

Training Philosophy:

Coming from a different sports background such as track & field, martial arts, powerlifting and recently, bodybuilding, I learned that everyone's body reacts differently to exercise, as well as diet.

Combining my many years of training and the rapidly developing science in weight loss and muscle building, I constantly integrate new training routines to help my clients develop better physique, strength and health.

My clients can expect a personalized training plan based on their body science and individual goals. Alternatively, clients can also follow their customized programs via my personal mobile app or email updates.

Specialty:

Weight Loss, Toning and Muscle Building (Body Composition) WITHOUT CARDIO! Performance & Strengths Coaching and Prep-Coaching (Natural Bodybuilding)

A Little About Me:

Besides being a personal trainer, I am also a professional Bodybuilder & Fitness Model. My biggest personal achievement was winning the MR UNIVERSE title in 2017 after winning the Asia Pacific and Pan Pacific Championships in 2016. When I'm not training, I'm just a family guy with 4 kids and loves the great outdoors. Feel free to follow and connect with me via...

Instagram: mario_worldpro and *Facebook:* Mario Zwingmann and WorldPro Fitness