

meet

BENJAMIN DUCHOW

PERSONAL TRAINER

ABOUT ME

My reason for personal training is the pursuit of holistic wellness. Holistic wellness means that I will train you to achieve excellence in your physical, mental, emotional, and spiritual well-being. Too many trainers simply focus on the physical aspect of a client without focusing on their holistic needs. The days of brainlessly lifting big weights are over. Instead, I will show you a level of fitness that improves your everyday life through research-based exercise, nutrition, and recovery.

The most important thing to remember is that your wellness is my passion, and a person's wellness is comprised of healthy habits. Physical fitness breeds healthy habits that last a lifetime. Why not start right now?

I have been a lead strength and conditioning intern with Washington State University's elite athletic department and also a personal trainer for a physical therapy clinic. This means I know how to train anyone from nationally ranked athletes to geriatric and special needs individuals. I gained all my experience for one purpose: to help you achieve your goals.

SPECIALTY

Training for Longevity, Injury Recovery, Youth Sports

MY MOTTO

Humility is the seed of greatness

QUALIFICATIONS

BS in Kinesiology - Washington State University (2024)

Certified Strength and Conditioning Specialist - National Strength and Conditioning Association (2024)

Certified Personal Trainer - National Strength and Conditioning Association (2023)

Contact Benjamin at bduchow@spokaneclub.org



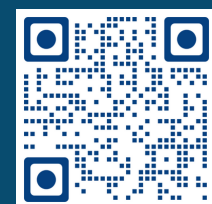
WHAT MY CLIENTS SAY

"Benjamin has always been very respectful of my preferences and what my body can do on any given day and is always ready to adjust our program to accommodate any issues that my body has. Most of all, he is fun to work with! I highly recommend Benjamin for personal training positions working with people young and old."

Nancy M.

"Working with Benjamin as a personal trainer was an excellent experience. Before training with Benjamin, I possessed severe limitations within my ability to perform shoulder movements, but I am now able to perform lifts that I had previously written off as something that I would never be able to do again."

Jeremy J.



SCHEDULE WITH ME