

# Karsten Schellenberg

## Vita

When I got back from the US in 1990 I was deeply impressed by the personal trainers in the gyms there. After I had been working as a fitness trainer for 6 years and a professional athlete for 10 I was resolved to become a personal trainer in Germany. My first clients were lawyers and doctors, who worked out at my gym. Throughout my bodybuilding career I met lots people working in media. This way I got my first more or less celebrity clients. Permanent education, a variety of different sports, a 10-year body building career and a team of cooperating specialists distinguish the Schellenberg BodyWorkshop.

Karsten Schellenberg 4/3/1963 fitness worker for over 20 years.

### **Personal trainer:**

Self-developed nutritional concept (Easy Food)

In- and Outdoors Fitness (own workouts, fitness management on concert tours or film sets)

Body Gym (No-equipment workout anywhere)

Martial Arts (sport & self-defense)

Mental Training - Wellness - Sports Massage - Relaxation

### **Fitnessworker:**

Author: KickAss!

Author: Mal was Richtiges. Das Männer-Kochbuch

program development for DANTAO, Puma Extreme Coach, referent Körperwerkstatt



### **Support Team:**

Lothar Fahrenwald (medical masseur, healing practitioner)

Dr. Ekkehart Stelling (nuclear medicine, joint specialist)

Gerrit Menneking (Specialist in nutritional medicine)

Silvia Schellenberg (accomplished dancer)

### **Athletic Career:**

7 - 15 years - boxing, karate, judo, swimming, kickboxing...

16 - 19 years - weightlifting and strength training, A T K self defense training...

19 - 31 years - body building; several champion titles (Berlin Champion, German Vice Champion, International Champion)

### **Mentors:**

Peter Mühlenbeck (district coach weightlifting)

Oleg Konversir (kyokushinkai karate master)

Bob Paris (IFBB World Champion)

Fritz Sdunek (boxing coach)

### **Education:**

fitness trainer B License, Body Gym, Diploma in Back and Spinal Care, Multi Power Nutrition Diploma, Spinning-Training, Martial Arts trainer, Aerobic trainer, sports masseur, personal trainer since 1991, fitness trainer since 1984...



**List of references available upon request**