

Charlie Mungovan

“Don’t expect success, train for it.”

Education: University of Wisconsin-Milwaukee, WI
Certifications: NSCA-CPT, First Aid/CPR Certified.



I have been a personal trainer for over 3 years and my experience has helped me realize some of the most fundamental and important concepts of training. My philosophy on personal training involves customizing a workout routine for each individual’s specific needs that will help them push past their barriers to the results they have always wanted. There is nothing that can’t be accomplished through hard work and dedication! When I was young I struggled with my weight and eventually through determination and willpower I was able to achieve my goals. Knowing what it feels like to start from scratch and ultimately reach my aspirations is the main reason I became a trainer. There is nothing I enjoy more than helping my

clients achieve success and reach their ambitions. It is my promise as a trainer to do everything I can to help each client achieve their goals by improving coordination, flexibility, and strength through their own customized program. Everyone is unique and I look forward to helping build your new fitness program! Feel free to email, call, or stop me in the gym if you have any questions at all.

“After a few months of working with Charlie, I not only lost weight but lost inches! Charlie pushed me beyond my limits to help achieve my goals and always kept the workouts challenging yet fun. Charlie created workouts that I can now take with me and incorporate into my every day workout routine. At times I wanted to quit, but Charlie always kept me motivated. I have now lost 60 pounds, went down from a size 14 to a size 4 and always have energy - Thanks Charlie!”- Erica Kennedy.



Contact Charlie at:

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