



OZGUR "OSCAR" TURGUT

43 | OREBRO, SWEDEN

ACE CERTIFIED PERSONAL TRAINER



What inspired you to start a career in fitness?

When I was 14, I found one of my life passions in karate, a sport where I showed great talent. At the same time, I found the gym after being mocked by my training buddies for being thin. I started by looking at what the others did and copying them. In the beginning there was not much I understood except how to train biceps, triceps and chest. However, by continuing to learn, by the age of 20 I had built such an impressive physique that I got the chance to start working as a model. This opened a whole new world to me, so I left Orebro and moved to Stockholm to focus on modeling.

People training in the gym where I worked out back then would often come up to me for tips and advice. That was the start of what would become a long personal training career. In the fall of 1997, I began my personal trainer course in Stockholm and eventually, after moving to San Diego to be with my brother for a year following the death of my father, I earned my ACE Personal Trainer Certification. I moved back to Sweden afterward to start my career and care for my mother.

What do you love most about your job?

In addition to the variety in my work with its different tasks, there is nothing more



stimulating than seeing the joy in the eyes of a client when he or she says things like, "You have changed my life." The thought that I have helped people achieve better health brings me so much joy. I am extremely grateful to have this as my profession. Being a personal trainer has allowed me to be a role model.

What is your specialty?

I have a lot of specialties, but I love heart rate training, body weight training and strength training using the TRX® Suspension Trainer™ and BOSU® Balance Trainer the most. Even with all of the education I've received, if I have clients who come with problems that I cannot address, I ask other personal trainers or colleagues in the fitness industry. It's important to show clients that I'm willing to help in any way possible. The most important thing is to be sensitive and constantly put them first. That type of mindset helped me to become the recipient of the 2014 Golden Heart Award for Personal Trainer at the Fitness Festival in Sweden.



BEING A
**PERSONAL
TRAINER**
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What are your greatest strengths as a personal trainer?

My greatest strength is that I never give up; I always believe there is a solution. When a client comes to me with a goal, I will help him or her achieve it. I also want to prove to all of my clients that I can guide them beyond their goals.

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