

Testimonial

"Siddiqu is undeniably a most exceptional practitioner in the field of individualized fitness. With incomparable skill, sensitivity, encouragement and sheer genius, he had guided me to an astounding weight loss of 90 pounds!" (Client - Talyia E Riemer, Chicago Elementary Public School Teacher)

"CF4L is dedicated, professional and motivated to get result!" (Client - Keeshia Boyd, Comcast Cable)

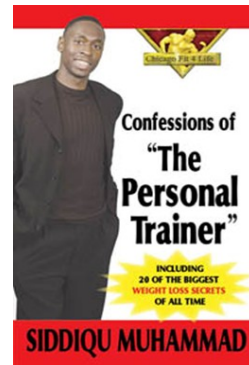
"Chicago Fit 4 Life is a well organized program that has tons to offer those willing and ready to be fit." (Anonymous client)

"My students have not stopped talking about Mr. Muhammad since he came to speak to my class about preparing for the future."

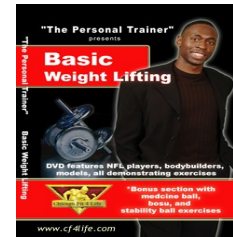
"I would advise anyone looking to get in shape or learn about health and fitness to get in touch with Siddiqu"
(Client - Shawndell Brown, Chicago Day Care Provider)

"Chicago Fit 4 Life 's dynamic fitness presentation and demos captivated the audience by bringing life to the topic of health and fitness!" (Rochelle Gant GMMBC Health Coordinator)

Now Available



The Book:
Confessions of the Personal Trainer



The DVD: Basic Weight Lifting

Siddiqu Muhammad "The Personal Trainer"



Contact Info

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**Founder of
Chicago Fit 4 Life
Trainer, Author, Speaker**



Siddiqu Muhammad is living proof that anyone is capable of rising above extreme adversity. Born of a father who stayed on the wrong side of the law, Siddiqu and his 3 siblings were raised by his mother in a single-parent household. While growing up, his older brother was sentenced to seven years in prison. This forced Siddiqu to step in as the man of the family at a young age;

a transition that initiated his adolescent hardships.

As a teenager, Siddiqu was thrown out of two south suburban High Schools, respectively. Around the same time, he had become too much to handle at home, and found himself homeless at age fifteen. At that point, Siddiqu knew he had to turn his life around, or face the same fate as the other men in his family. Siddiqu eventually enrolled at Hillcrest High School, where he became a stellar student and track star. There he graduated with two Junior Olympic track records and a 4.5 GPA. This led to an athletic and academic scholarship to DePaul University, where he later graduated majoring in business.

At age nineteen, Siddiqu started Mental Reflection of Consequences (MROC), a summer youth mentoring camp. He also organized a major school supply drive for south suburban schools in Chicago. In 2004, Siddiqu spoke on Fox News with Barack Obama during his run for Senate. He has also spoken at a variety of youth summits and panels.

Later in 2004, Siddiqu founded Chicago Fit 4 Life (CF4L), a personal training firm that targets the obesity epidemic that plagues Chicago. He is certified by the American Council of Exercise (ACE) and the Boxing Fitness Institute. Siddiqu's clientele range from teachers to professional football athletes to American Idol participants. Siddiqu's clients frequently experience drastic changes in their health and appearance; several losing upwards of 70 pounds and others in Marathon training. Outside of personal training, Siddiqu also coaches track and field on both the elementary and high school levels. Not only does Siddiqu get physical results from his clients and athletes he serves as a leader in the community by mentoring many young boys.

Siddiqu is the author of the highly-anticipated book, Confessions of the Personal Trainer

The Complete Health Presentation

- **A brief lecture on staying fit and eating right,**
- **blood pressure screenings,**
- **scale weigh ins**
- **body fat measurements**
- **physical assessments**
- **work out demonstrations and more!**

Lectures and Group Training Available for:

- **Hospitals**
- **Health Fairs**
- **Elementary & High Schools**
- **Religious organizations**
- **Corporate Headquarters**



Lecture series

- **Obesity in the Church**
- **Couples and Exercise**
- **How to start an exercise program and stick with it!**
- **Let's turn your home into a gym for less than \$100!**
- **How exercise saved my life!**
- **Have "The Personal Trainer" customize a lecture and training plan for your group or event.**



Inspirational Speaking

Renown speaker, Siddiqu Muhammad offers Inspirational speaking to schools, youth groups and community organizations which focus on goal setting and achievement.



Siddiqu and family with Barack Obama after giving a speech for the Senator during his campaign rally

