

Jenny Lutkins – Weightlifting



At 40, Jenny Lutkins is a different person than she was ten years ago. In 2008 Lutkins was working as a recording engineer in the music industry and battling depression and weight gain. Now she is a certified personal trainer, CrossFit coach and Olympic weightlifting coach preparing to compete in the July USA Masters Games in Greensboro.

Like all good comeback stories, Lutkins transformation didn't begin until she hit rock bottom. Out of concern, her father recommended she meet with a personal trainer. After working out three times a week with a trainer and not seeing any results Lutkins thought about quitting until she saw a photo of herself from a recent vacation. Instead of stepping away from exercise, she stepped it up and also decided to address her diet.

Ahead of her time in terms of eating trends, she focused on eating clean. No more processed junk food like Cheetos and gas station cappuccinos. Chicken, rice and veggies became regular items on her menu. She also realized her body responded best to heavy weights and short bursts of intervals. Not only did she enjoy heavy bench and heavy squats, she was good at it.

In 2011, Lutkins found CrossFit and was introduced to the Olympic lifts. From that moment on there was no turning back. She competed in her first meet in 2013 and qualified for Nationals. In 2014 she competed in her second meet, the 2014 National Masters Championships and received the silver medal. She is now a USA Weightlifting (USAW) member and coach.

For Lutkins, it's no longer about being skinny, it's about being strong. Her focus has shifted from what weight is on her body to what weight is on the bar. She took one small step years ago and changed her life forever. Lutkins believes you are not limited by age, size or experience. Anyone at any age can reclaim their bodies by taking that one small step forward.