

Oksana Grishina

4x Ms. Fitness Olympia

10x Arnold Classic Champion

Fitness Pro, Gymnast, Dancer, Personal Trainer and Fitness Model

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An Interview by Todd Selleck

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GRISHINA





Oksana Grishina is an influential, creative and a force of competitive nature that has earned four consecutive Ms. Fitness Olympia titles, 10 Consecutive Arnold Classic competitions, and has created a Pole Fitness Competition League, which holds a pole championship at the Mr. Olympia in Las Vegas.

While growing up in Russia and Latvia Oksana became involved with gymnastics and dancing to channel her energy. She was dedicated to being the best because she loved what she was doing and was determined to succeed. After earning a degree as a specialist in Physical Training and Sports from the University of Kaliningrad, Russia,

Oksana organized her own Ballet “Antares.” Oksana also worked as a choreographer with children at the Tchaikovsky School of Music in Kaliningrad. Oksana Grishina has succeeded. In fact, she is still succeeding.

Oksana’s influence on others is proven by her ability as a personal trainer, fitness consultant and fitness model. I encourage the readers to visit [Oksana’s Website](#) to learn much more about her life, achievements, current projects, and future accomplishments (yes, future accomplishments.)

Thank You Oksana for taking time from your schedule to do this interview.

TS: Where did your journey begin?

OG: I've been involved in sports since I was 7 years old. From that moment sports became my life and I can't imagine spending a day without doing some kind of workout. Some of my friends would say, you have a boring life, you missed so much fun in your life but I never thought this way and I don't regret where I'm at now. Working out helps me get stronger (mentally and physically) and it helps me get away from my problems and depression. It is my drug. My parents introduced me to sports and I will definitely do the same with my kids. They gave me a choice and said, whatever you choose we're going to support you. And I chose sports.

TS: What has been the most difficult thing you have struggled with regarding staying fit?

OG: When I was doing gymnastics and after competing in fitness, diet always was the most difficult part. I'm not talking about weakness of certain food like I can't be without candy or something else. And I would be happy to get an extra 10g of rice or 100g of chicken, something from my regular food. When I was a gymnast I struggled even more with diet because with my genetics I should eat nothing, so my dream was at least to earn an apple or something which gives me energy to train and not allow muscle growth.



TS: How did you create the Pole Fitness Competition?

OG: In 2014 I used pole as part of my fitness performance at the Arnold classic and won my first Arnold Classic title as a Fitness international champion. That's how I got involved in pole fitness training and learned some tricks, I was surprised at how difficult and painful it was. The pole fitness industry was so grateful for this introduction, and finally Arnold organized a Pole fitness competition on the big stage. I held my first Pole fitness championship in LA at the El portal theatre. Athletes were so happy and excited, so I continue to promote Pole Fitness and brought it to the Olympia in 2018 and 2019. But we had to take a break during Covid as the Olympia moved from Las Vegas to Florida. Now the Olympia is back in Vegas this year, we will think about bringing Pole Fitness back to the Olympia.

TS: What has been your greatest achievement and what does the next one look like?

OG: I'm preparing for the Olympia this year and my new performance that I created inspired me to bring it on the stage. I'm excited to bring my best, and only I and my husband knows that what I'm doing right now is impossible making possible. I also promote bodybuilding and fitness shows in Russia to provide the Russian athletes the opportunity that I didn't have in my time in Russia.



TS: Your journey started when you were a young girl growing up in Russia and has led you to where you currently are. Is there any place, or anything else you could imagine yourself doing if you were not the Oksana Grishina we know today?

OG: Definitely a musician, artist or actress. I feel more comfortable on the stage, it's a fantasy we are creating and living the life we want but sometimes we can't in real life. My dad is very artistic, he plays all instruments (piano, guitar etc.) and he loves movies. He made me learn every legendary Russian actor and he rehearsed with me a lot of movies.

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