



# Joshua

## CERTIFICATIONS

ACE-Certified Personal Trainer

## PERSONAL INFO

My name is Joshua. I love helping individuals reach fitness goals whether it be exercising to lose a few inches, training for your next bodybuilding competition, or you're an athlete looking for that extra push to compete against your competition. I hold an ACE CPT certification and also have knowledge with postural deviations, nutrition, hypertrophy training, and sports conditioning.

## MOTTO

"We work hard and play hard, look good and feel good. Smile daily, this is the method."



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