

JOSHUA LAGOW

CERTIFIED PERSONAL TRAINER

TIER 1



MY GOAL AS
YOUR TRAINER IS TO
HELP YOU MOVE,
FEEL AND PERFORM
BETTER

Training Philosophy:

Life is our biggest challenge and it can throw everyone different curve balls. Luckily for us, the best thing about fitness is that it can allow you to take back control over your mindset, energy, and health! Together we can determine what your short- and long-term fitness goals are and develop a course of action that is dynamic and challenging. My aim is to expand upon your comfort zone as I teach you new modalities and exercise techniques. Let's improve your mindset and perception of training. Allow me to help you overcome any plateaus and conquer the challenges you face along the way. Once you see fitness as something to be enjoyed, you start to look forward to exercising...and the positive changes that result are a very welcome side-effect!

Experience:

Personal Trainer- since 2017

Head Varsity Baseball Coach- Pescadero High School
2017-2019

Certifications:

- EXOS Fitness Specialist
- Adult CPR/AED

Education:

- A.A. in Kinesiology at CSM (in progress)

Interests:

Watching and playing sports, snowboarding, mountain biking, food, working out and spending time with family and friends

