

JOSHUA LAGOW

CERTIFIED PERSONAL TRAINER



MY GOAL AS
YOUR TRAINER
IS TO GIVE YOU
THE TOOLS TO
HELP YOU MOVE
AND FEEL
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 you can choose your own fitness adventures. 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 push you out of your comfort zone and change your mindset to believe that exercising is fun. Once we see fitness as something to be enjoyed, it becomes not just something you do in the gym, but a part of your lifestyle.

Experience:

Personal trainer- since 2017

Head Varsity Baseball Coach- Pescadero High School 2017

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



SAN MATEO
ATHLETIC CLUB
AT
COLLEGE OF SAN MATEO

PROVIDING THE
EXOS
EXPERIENCE



Mindset



Nutrition



Movement



Recovery