

# 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

MAKE THE INVESTMENT TO BE  
FOCUSED IN YOUR TRAINING PROGRAM