

# Josh W.



**Certified Personal Trainer**  
**Master Trainer**  
**Group X Instructor**  
**Assistant Fitness Manager**  
**Fitness Manager**  
**Team Member Since: 2010**  
**Sessions Serviced: 2,000 +**

## Education & Certifications

- BA in Business Management from Abilene Christian University
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- 2013 Europa Super Sport 5th place Mens Physique
- 2012 Texas State Naturals 5th place Mens Physique
- 2009 Lone Star Conference Champions ACU Football
- 2012 Muscle Mania World Tour 6th place Mens Model



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[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)