

Josh A.



Master Trainer
Team Member Since: 2005
Sessions Serviced: 10,000 +

Education & Certifications

- BA in Physical Education and Health from Eastern Oregon 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 Academy of Sports Medicine - Performance Enhancement Specialist
- National Strength and Conditioning Assoc. - Certified Strength and Conditioning Specialist®
- National Strength and Conditioning Assoc. - Certified Personal Trainer

Hobbies and Achievements

- Faith and Family
- Hiking and Alpine Climbing
- Triathlons (3x Ironman finisher)
- 2013 Ironman 70.3 World Championship qualifier/finisher
- 2009 Life Changer of the Year-Seattle Market



For more info about this trainer,
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