

# Joey K.



**Certified Personal Trainer**  
**Master Trainer**  
**Team Member Since: 2006**  
**Sessions Serviced: 5,000 +**

## Education & Certifications

- BS Biomedical Engineering from University of Houston
- AA Engineering from San Jacinto College
- First Degree Black Belt from World Kuk Sool Association
- 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
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Optimum Performance Training for Seniors (04/28/2010 - present) NASM
- Optimum Performance Training for the Prenatal Client (04/30/2010) NASM
- Optimum Performance Training for Youth (07/21/2010 - present) NASM
- Maximizing Hypertrophy (01/12/2008 - present) NASM
- Optimum Performance Training for Golf (05/14/2010 - present) NASM



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

Club ID: 659

