



Josh Rowe

Exercise Specialist/Master

Education

- Berkeley College of Music
- Brockbush Institute of Training

Certifications

- NASM Certified Personal Trainer
- NASM Senior Citizen Training
- Brockbush Institute of Functional Anatomy

Areas of Specialization

- Prehab and Posture Correction
- Strength & Hypertrophy
- Weight Loss
- Mobility
- Athletic & Sport-Specific Training
- Cardio & Endurance Training

Quote

"Your life doesn't get better by chance, it gets better by change."

- Jim Rohn

Biography

Josh grew up in Pennsylvania Dutch Country and wasn't introduced to fitness until his early twenties when he became interested in weightlifting and endurance sports. Seeing the change to his health as well as his physical appearance motivated him to pursue his knowledge and training more and more until he decided to take a risk and leave his stable job to pursue a career in the fitness industry. He began at the YMCA, where he was responsible for training athletes, running fitness boot camps and overseeing personal trainers. Josh moved to Colorado in 2016 and continues to work with clients ranging from complete beginners to professional

athletes. He also began working at a physical therapy clinic, where he learned more about the human movement system as well as corrective/preventative exercise. Josh strives to actively advance his client's goals and create practical solutions for them to achieve them in the shortest amount of time. Showing clients how to develop life-long habits is what he considers the key to creating a lasting positive change in his clients. Josh continues to compete in natural bodybuilding, powerlifting and running competitions, and recently took second place in the open category at the 2016 NASA Powerlifting World Cup.