

# JOSH KEY

## PERSONAL TRAINER



### WHAT MY CLIENTS SAY ABOUT ME

*I started training with Josh a little over 2 years ago, around the time that I was looking to start a new business teaching self defense and fighting classes. I had a couple of goals, primarily to bulk up in lean muscle mass while still improving in explosiveness, endurance, and flexibility.*

*When I started with Josh I weighed about 160 lbs, and I am now right under 200lbs while maintaining a low body fat level. As a 30 year old I have never been in better shape in my life, and I have been able to not only pass high level instructor certifications but also score in the top end of my classes.*

*Josh has been fantastic to work with, and he has been able to customize and individualize workouts for me and my goals with fighting. I highly recommend him to all athletes looking to take their bodies and fitness to higher levels. – Derrek Hofrichter, Owner Operator of East Valley Krav Maga*

*Josh Key has been my personal trainer for over two years and I think really highly of him and his skills. What I like most about him is that he works hard to make my training work for me; to make it what I need to stay motivated and to strive for my goals. This year alone I have completed a half marathon, a 5k race and Pat's Run, walks which were way beyond my ability when I started working with him. Josh is a terrific person and first rate trainer, and I am healthier and happier because of the work I have done with him, and the goals he has helped me aspire to—and achieve. – Linda Lederman, Ph.D. Scottsdale Az*

I have been a Certified Personal Trainer since August of 2000 and have serviced over 15,000 personal training sessions. Since entering the field of personal fitness I have gained extensive knowledge and a strong understanding of the functions, processes and abilities of the human body. This allows me to effectively design physical fitness and nutrition programs for all of my clients, achieving results far beyond their current fitness levels. My clients' goals and needs are as diverse as their ages. From a U.S. Collegiate Pairs Figure Skater whose goal was to take 1st at Nationals, a retiree whose goal is to run again after having total knee replacement surgery, to helping a mom and dad lose weight and enjoy a healthy active lifestyle.

**My Motto:** Experience. Dedication. Results.

### Qualifications

- NASM-Certified Personal Trainer
- NASM-Corrective Exercise Specialist
- NASM-Performance Enhancement Specialist
- NASM-Fitness Nutrition Specialist
- AFAA- Certified Personal Trainer
- TRX- Suspension Trainer Instructor

