

# JOSEPH LINDMAN

## **DEGREES & CERTIFICATIONS**

- Bachelor of Science from Colorado State University in Nutrition & Food Science
- NASM Personal Training Certification

## **SPECIALTIES & AREAS OF EXPERTISE**

I specialize in body transformation, weight loss, bodybuilding and designing programs to increase lean body mass. I also have extensive knowledge about diet and nutrition and how they play a key role in your fitness regime.

## **HOBBIES & INTERESTS**

Bodybuilding, sports, motorcycles, hiking, cooking, and spending time with friends and family.

## **TRAINING PHILOSOPHY**

"It is important to take care of your body... its the only one you get."

