

# Josh Starkey

## Credentials

NetFit Fitness Instructor

NetFit Personal Trainer

NZ M19 Bronze 110m Hurdles 2007

NZ NI Secondary School Gold 110m Hurdles 2007

Waikato M19 Gold 100m 2009

Waikato M19 Silver 110m Hurdles & Silver 200m 2009

## Key Programming Interests

Sports Performance

Body fat loss and toning

General Fitness

Josh's programmes are ideally suited towards people who are motivated and dedicated to reaching their potential and achieving their goals.