

Kobi Hogan



Fitness Philosophy

I believe that it is never too late to begin a healthy lifestyle. Through dedication and discipline, anyone can build a healthy body and mind. Physical fitness gives us the best ability to live our lives however we want. I look to guide others towards achieving their fitness goals and enjoying the process!

Areas of Expertise and Interest

Expertise:

- Swimming
- Strength and power training
- Hypertrophy/muscle building
- Fat loss and body composition
- Mobility and functional movement

Fitness Interests:

- Sport specific power training
- Mind-muscle connection
- Weight training for strength
- Nutrition
- New training methods

Education and Certification(s)

American Council on Exercise Personal Trainer

American Red Cross CPR/AED

American Red Cross Lifeguard and Lifeguard Instructor

USA Swimming Swim Coach