

# GRANT HOEHNE

## MEET THE TRAINER

I was passionate about sports at a young age. I grew up here in Ashland playing basketball, football and soccer. I developed a love for fitness when I started working with a Personal Trainer to improve my speed, agility, and strength. During high school, I picked up weight lifting and became fascinated with the ability to choose movements and lifts that could help me to achieve fitness goals. I knew I had to become a Personal Trainer so I could help others find happiness in training for their personal goals, too.

## EDUCATION

### **Majoring in Economics**

University of Missouri

### **ACE Personal Training Certified**

## CONTACT

### **Jake Katnik**

Health & Wellness Director

(573) 657-9622 ext. 303



## IDEAL CLIENT

Anyone who wants to learn proper lifting techniques. My ideal client is open to coaching, especially regarding form through various movements.

## TRAINING PHILOSOPHY

Working out is almost always the best part of my day. That's why I like to emphasize consistency and a positive attitude toward weight lifting. I always strive to motivate clients by pushing them to new limits.

## PREFERRED CHEAT MEAL

An incredible amount of chips and queso.

