

Joseph Myhre

What is your training philosophy?

Training should be focused on the clients' goals and what they hope to achieve. My philosophy when it comes to training is that the client is the superstar with a goal they want to achieve and the trainer is the one that helps them get there. As a trainer, I want to provide my clients with the tools and resources they need to achieve their goals, and a fun exercise environment.

How do you assess your clients?

When I assess my clients I want to first learn what their goals are or help them set goals if they are unsure. I also want to learn if they have any favorite exercises or if they are currently exercising. After discussing goals and their current physical activity status, I will take them through a few short tests to determine areas that need to be improved, and then write an individualized workout program for them.

How often should I be exercising?

I believe this can range from 2 days a week to 7 days a week depending on the client and their fitness level. The exercise frequency of a program should be tailored to the client as an individual, and they can always be adjusted.

Intensity or consistency?

Exercise intensity and consistency are both important. However, without consistency it'll be much harder to reach fitness goals. Achieving fitness and exercise goals is a process. With steady consistency and gradually raising the intensity over time, goals can be achieved safely and efficiently.

Is muscle soreness the same thing as pain?

Muscle soreness is a normal feeling after exercising and can be a sign that you are getting stronger. However, pain is an indicator that something could be wrong so your exercise program should be adjusted. With proper recovery and steadily adjusting exercise intensity, frequency, and duration over time, pain can be avoided.



Why Work With Me

If you are looking to improve your fitness through a personalized workout program, tailored to fit your needs and goals, then I'm your trainer. My clients are my number one priority and I strive to provide them with specialized workout programs featuring a variety of strength training exercises. I would love to have the opportunity to work with you and help guide you through your fitness journey.

Credentials

- ◆ NSCA-Certified Personal Trainer
- ◆ B.A. Health & Human Physiology from University of Iowa
- ◆ American Red Cross First Aid/CPR/AED

Specializations

Strength training and athletic performance

Contact Me

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