



FEEDBACK & TESTIMONIALS

Joey Dussel



TRANSFORMATION POSSIBLE



PERSONAL COACHING



UNDESK PROGRAM



NUTRITION



VIDEO DATABASE

“WHAT DO YOU LIKE THE MOST?”

- You provide great support and push me when I need it. Very observant of what your clients need whether it is fitness-related or even emotional support.
- I really appreciate your knowledge of how the body works and your wide range of knowledge in regards to training methods.
- Joey understands that no two people are exactly alike, so he assesses your structure first, then gives you exercises to help reach your specific fitness goals. He really takes the time to get to know you and understand what you're trying to achieve in your workouts.
- Joey has great thought-provoking questions and is very thorough and insightful with his assessment.
- Every time I am with Joey, he teaches me something I didn't know, and I come back every time.

- Joey smiled the entire time he was facilitating [our team] session. You soak up his passion for sport and wellness in 15 mins. He was super responsive and reassuring in the days leading up to our session and then did an amazing job overall during the time he had with us! **Will absolutely be recommending him!**

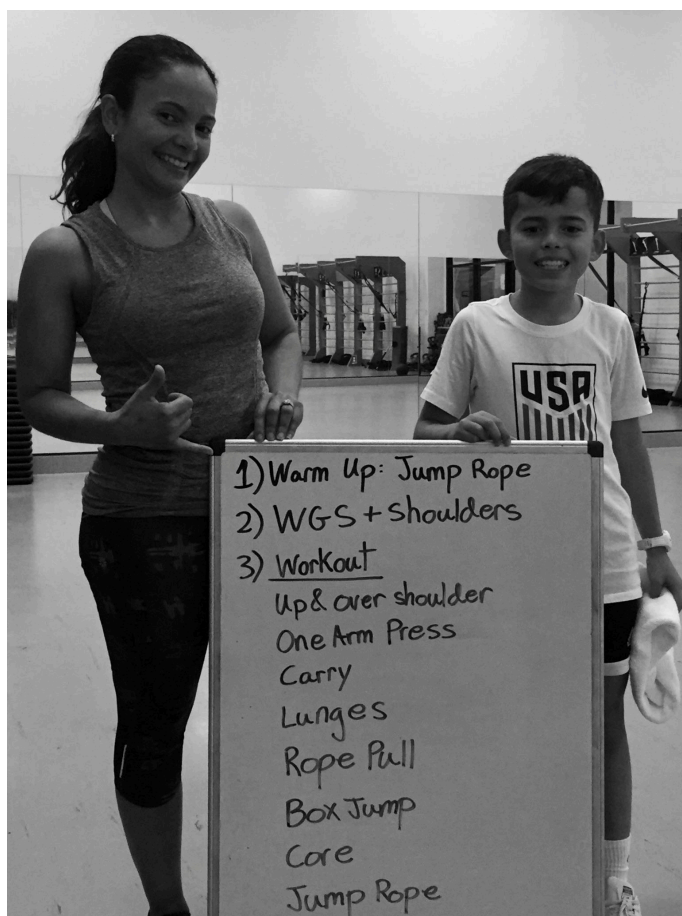


- Joey is a phenomenal fitness expert. He has spent time teaching me some pivotal moments that are going to help me tremendously.
- I appreciate how thoroughly Joey goes through the exercises and describes in detail what muscles it strengthens.
- During last week's training session, Joey was so attentive and informative that another member approached me to ask for his information so she could look into working with him and to compliment him on his coaching with me.



- *I lost 15 pounds, brought down my BF%, and gained muscle mass but the best thing I did with Joey was to learn about exercise techniques.*

- *What I like the most is Joey's energy and enthusiasm for making me a more fit person.*
- **Joey is one of the most impressive trainers that I've worked with.** *His knowledge and understanding of fitness are outstanding. What makes him different is that he listens to you and your goals and develops the plan to reach them in a safe and effective way. There's no magic bullet or quick fix. It's methodical and it works. I can see and feel the difference in my strength and fitness levels since we started working together.*



TESTIMONIALS

- *Joey listens to my goals and customizes exercises. I'm confident that I will see results and be able to really stick with his program. I also appreciate his videos to translate our sessions to my own workouts without him present. I look forward to many more sessions!*
- *Working with Joey has been great. He encourages me to push myself harder even when I'm ready to give up. If a certain exercise hurts, he modifies it so that I get the most out of the workout. Joey also has been helping me with healthy eating. I feel stronger and more confident while lifting weights. While lifting, hear Joey's voice in my head reminding me to use proper technique. I have worked with different trainers at other gyms and by far, Joey is the best!*
- *When I first met Joey I had just completed 2 years of cancer treatments and I was working on living a healthier lifestyle. He has helped me learn more about nutrition and exercise. Today my balance is good, I can do the heavier weights, and my nutrition is 100% better than it was. I did the work but Joey has been there every step of the way encouraging me to do more. I just love his passion for helping his clients in any way he can so that they can attain their goals*
- *Joey does an awesome job of bringing the science and anatomy to his training sessions, but in combination with demonstration, trial and then doing, it makes the workouts accessible and challenging. He is consistently upbeat and encouraging, I look forward to every training session!*

- *I have been very impressed with Joey. He is educated in regards to injury, nutrition, and fitness. He was proactive in contacting me and yet he has never been "salesy." He has also been patient and flexible. I am looking forward to working with him over the coming months and I would not have continued had he not been so fantastic. Joey has made a huge impact on my life. He gives me a reason to wake up in the morning and work out. I feel better about the way I look. I feel better mentally and physically. I have a huge sense of accomplishment when I manage to wake up early, get myself to the gym, and work hard all before most people think about starting their day. I am able to do this because I am motivated to see Joey who can make even the most difficult workout, enjoyable. He is always so positive and enthusiastic. He makes me feel good about myself. He makes me feel confident in my ability and always celebrates my progress. He makes me feel like I can do anything. Joey is a very special person and a terrific coach. He helps me start every day off on the right foot, ready to tackle anything that comes my way.*
- *I just wanted to say a huge thank you for the past year of coaching. I know for a fact I would never have gotten to where I am today without you. I'm super appreciative of how you approached it, crafting workouts as well as the nutritional guidance. Complete GameChanger from trying to do it myself over the years. You also have taught me how to maintain it myself, I can manage my own workouts and know what I need to do to keep it going, how to balance my schedule too. No more excuses! 💪😁❤️*





- Over the last several years I have made slow progress with my exercise and fitness goals. I finally chose to seek help to improve my routine and try to get more results for the time I spend in the gym. I luckily found Coach Joey and with his guidance have identified my weaknesses and developed routines to correct those flaws so I can continue to make progress towards my goals. I have dropped 16.9 lbs. over the past year but more importantly identified the source of a number of my muscular weaknesses and aches and pains. Coach Joey has helped adjust my routine to focus on improving my mechanics during exercise and strengthen stabilizer muscles. I'm very impressed with Coach Joey's depth of knowledge and understanding of anatomy. I can describe a problem I am having then Joey can observe and modify the exercise movement to correct for my weakness. Thanks, Joey I'm stronger and leaner because of your help!
- I want to shout out how great Joey's segment was last night! His planning, preparation, and most of all knowledge all came together to make our studio look great! Thank you, Joey!

- *Joey, you are amazing! Not only do you live by example but you are so encouraging and supportive! I am so lucky to have met you and be able to call you my friend and coach! I can't thank you enough for pushing me and making me a better person! I miss you already!*
- *I needed structure and guidance to get started on changes with my fitness and nutrition. After gaining 20 pounds over the past 10 years and then having knee surgery I wanted someone who would hold me accountable yet is positive and kind. Joey is helping me change my thoughts about food choices and workout routines little by little which I appreciate. He is patient and knows that this is a long-term life change for me, not a quick fix. He appreciates my small wins and not only is a great fitness coach but a good listener. I would recommend him to those looking to make life changes to their health and fitness.*
- I've seen amazing changes, so far in my personal strength & fitness. The way the workouts have been crafted and scheduled has built steadily and helped me avoid injury. Whilst I haven't seen significant weight loss yet, I know I'm building muscle. The guidance on diet has been another great change, I feel better with the macro balance, less bloating, and way more energy. The fact that I was able to get on the treadmill after a few weeks away and run the longest I have ever run is a testament to how well this is working!

THANK YOU!

