



Joe Brownback

Certified Personal Trainer
Cooper Institute

With many years in sports and fitness, Joe is dedicated to helping his clients achieve their fitness goals.

He is an accomplished San Antonio Teen champion Natural Body builder, and he stays on the cutting edge through continuing education in health, fitness, anatomy and physiology.

His training approach is one that provides the motivation, resources, and direction to reach the goals of a healthy lifestyle, where injury prevention, muscle tone, and cardiac health are both reached and maintained.

"Fitness is not a state of being... but a state of mind."

Specializing in the following areas:

- Weight Loss
- Core Training
- Nutritional Guidance
- Post Injury Training
- Speed & Agility for Athletes
- Strength Training
- Flexibility Training
- Endurance Training

and much more!

To schedule a **FREE 1-Hour Workout/Nutrition Consultation with Joe:**

Phone – 817-929-9638

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