

Josh Loyo



RESUME

2023 – CURRENT

Founder / CEO FitMotionLab

2014 – 2023

TPI certified Titleist Golf Performance Trainer

2012 – 2013

Outpatient Orthopedic Physical Therapy PTA

2008

BS in Biological Sciences from UC Riverside

BIO

Sports performance has always been a large part of Josh's life. Growing up, playing tennis was his passion and he spent countless hours on and off the tennis court and in the gym to be the best that he could possibly be. Golf was mostly his "outlet" sport growing up as it was his cousin's passion and he would challenge him, needless to say he would beat him up frequently and with his competitive spirit he was determined to beat him someday at his own sport.

In the beginning of 2023, Josh founded FitMotionLab which focuses on science-based technology and human movement. FitMotionLab takes pride in giving athletes top of the line equipment to be able to track data on every exercise performed. The Lab is a place where all athletes, not just golfers, can be the best in the world – taking human performance to the next level.

"I truly believe that the human body is a complex machine, training everyone the same way just does not work as every individual moves differently from one another. Having the ability to see how an individual moves is critical to building their programs. This is where FitMotionLab changes the way athletes train."

COACHING ACHIEVEMENTS

Josh trains some of the best golfers in the world from early Junior and World Number 1 amateurs to PGA and LPGA Tour professionals. Some of those that have trusted him to be an integral part of their team:

Rose Zhang

2020 US Women's Amateur, 2022 and 2023 NCAA Div I Champion, and LPGA tour winner.

Sahith Theegala

PGA Tour top 25 in the world

Rico Hoey

PGA Tour Rookie