

Josh Green Bio

Josh Green has helped educate and inspire hundreds of men and women in their health and fitness journeys for over a decade. He is recognized as one of the most influential and energetic sports and fitness trainers in the state of Tennessee. His signature HIIT, cardio strength, and strength programs have helped his clients achieve their goals, including an Olympic gold medal. After finding himself sitting behind a desk and grossly out of shape, Josh knew it was time to make drastic changes in his life and made a personal decision to become healthy. If not for himself and his happiness, but his family as well. This was the start of his journey to becoming a personal trainer. "I just thought and asked myself when I was happiest in my life?" That's when he remembered his time as an athlete in college. "I was so healthy and fit. I just wanted to feel good again. So I started training and taking personal training courses online." During his journey, he realized he was not the only one that needed help, and this was a perfect path to help others. Today, Josh is the owner of The Forge Live Online Gym on Facebook and G1 Elite Fitness. The Forge is a completely free, private group. He continues to build an online community of support and inspiration. That helps others find their happiness again. "It's all about my team. It's all about community. I consider the gym members, the sports teams I work with, and my one-on-one clients as my teammates as part of a community with a common goal. I'm as invested in their success as they are. Sometimes more. I don't care if they are the next Michael Jordan, a teenager trying to find their confidence, a new mom struggling to get back in shape; I'm in it with them. Helping other people succeed is my purpose in this life, aside from being a father and husband. I was born with a servant's heart, and I will continue to give until the good Lord calls me home." In addition, The Forge Live Online Gym has free, monthly challenges that are proven to help you lose weight and build muscle. With more and more people joining his gym every day, The Forge community is an excellent source of extra inspiration, encouragement, and support throughout your fitness journey. If you want to make your health and fitness goals a reality, join the Forge Live Online Gym or contact Josh to learn more about his one-on-one studio or virtual training for more intensive, personalized programs. Let's Go!