FREE CONSULTATIONS

“State of The Art” Equipment

STRENGTH & CONDITIONING

YOUTH

Specializing In Individual or Group Personal Training

Using a Variety of Dynamic/Static Exercises to Improve Physical Performance

Strength/ Power
Core
Speed
Coordination

Agility/Mobility
Explosiveness
Nutrition
Mind Control

Coach Chris Faildo
(808)224-7491
flexxfitnesshawaii.com

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Since Triton began training with Chris, Triton has substantially gotten stronger. This has given him the confidence to spar with older and bigger jiu-jitsu partners. Chris not only teaches Triton how to exercise correctly and safely, but he also incorporates character building into his training sessions. Triton has learned how to be respectful, resilient and responsible. It’s not all about building muscle, it’s about building an all around healthy kid!

Since Caroline has started training with Coach Chris (Dec ‘20) she has and continues to get stronger both physically and mentally. Her muscular strength, flexibility, muscular endurance, balance and cardiovascular endurance has significantly gotten better which has allowed her surfing to dramatically improve. She has gained confidence in the water to push herself into conditions that may be a little out of her comfort zone.

Working out with my trainer has increased my confidence level. He is supportive, encouraging and always makes workouts fun. He has made a big impact in my life.

Lexi has always been strong but Chris has taken her strength to another level. She’s hitting and throwing the ball harder than ever thanks to his training.