



STRENGTH & CONDITIONING



Specializing In Individual or Group Personal Training

FREE CONSULTATIONS







Coach Chris Faildo (808)224-7491

flexxfitnesshawaii.com

Dole Cannery Courtyard 650 Iwilei Rd., Suite 125A Honolulu HI 96817





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

Strength/ Power Core Speed

Coordination

Agility/Mobility Explosiveness **Nutrition**

Mind Control

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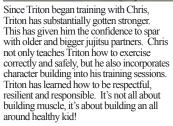


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Since Caroline has started training with Coach Chris (Dec '20) she has and continues to get stronger both physically and mentally. Her muscular strength, flexibility, muscular endurance, balance and cardiovascular endurance has significantly gotten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







Training with Chris has given Gunnar a considerable advantage out on the golf course. The customized workouts that are tailored to target specific muscle groups and movements have significantly improved Gunnar's strength which has put him in front of his competitors. Besides improving his strength, Chris has helped Gunnar build his endurance so that he is always able to finish his round strong.

Young Athletes Trained by Chris Faildo



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





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.