

Christopher Franzese

Certified Personal Training
NASM-CPT
NASM-PES



PRHS athlete Jackie Guglielmo and I after she jumped 4'10" at the league track meet in 2009.

Be Ready to Play

Maximize Your
Performance



Christopher Entrup a 2009 graduate of PRHS who is currently playing football at The College of the Holy Cross.

APPROACH

- Affordable personal training to assist athletes in reaching their potential.
- Customized training programs for individuals or teams with different fitness levels and goals.
- Innovative training sessions make the training both fun and effective.

"Winning means you're willing to go longer, work harder, give more than anyone else."

-- Vince Lombardi

SERVICES

Maximal Strength

Explosive Power

Sports Specific Training

General Conditioning

Endurance Training

Speed Training

Core Training

Agility Training

Goal Setting

Encouragement

Motivation



"Confidence comes from being prepared."

-- John Wooden

EXPERIENCE

- Personal Trainer 2008-present
- Coach
 - Football, Park Ridge HS 2004-present
 - Basketball, Park Ridge HS 2009-present
 - Track, Park Ridge HS 2008-present
- Park Ridge Athletics Hall of Fame 2010 as a three sport athlete (football, basketball, track)



TESTIMONIALS

"I have trusted Chris with coaching and training my players for the past 6 seasons. He does a phenomenal job and the results with committed athletes are obvious."

- Coach Gary Mioli
Park Ridge HS Football

"With the training I did during my high school career with Chris I have been able to move my athletic career onto the intercollegiate level. He transformed me into an athlete who was ready to play."

-Christopher Entrup
The College of the Holy Cross

"Franzese knows how to motivate you to train and he prepares you so you can perform at the best of your ability."

-Thomas Klepper
Wagner College

SCHEDULING & FEES

- Individual and group training sessions are available
- All sessions are 60 minutes in duration
- A minimum of 3 individual sessions must be scheduled
- Sessions are available on a first-come first-serve basis
- Payments can be made by cash or check on site
- Cancellations must occur within 24 hours for a full refund

Individual Training

- An individual session is \$25
- Special rate of \$140 if 6 are booked in advance (\$10 discount)
- Best rate of \$240 if 12 sessions are booked (\$60 discount)

Group Training

- A group session is \$120
- Special rate of \$540 if 5 are booked in advance (\$60 discount)
- Group sessions require a minimum of 5 participants and a maximum of 10

TIMES & LOCATIONS

- Flexible schedule that will work around the availability of participants
- Depending on the workout needs of participants, locations may change per session but will occur within the Park Ridge area.

"Remember when you are resting, someone somewhere is training, and when you meet him, he will win."



To schedule training sessions, please contact me:

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For more information about my certifications, please visit:

<http://www.nasm.org>