

## We're Serious About Your Success

Whether you're a novice looking to start a routine, a high school or collegiate team training for a championship season, an elite athlete seeking peak strength and conditioning, or a weight room veteran struggling to overcome a plateau, F.O.R.C.E. Performance Training provides one-on-one guidance, motivation and challenging workouts. We marry hardcore training with exercise science and technology to produce real results.



Founder/Strength and Conditioning Director Frank Giannantonio, MS, ATC, CSCS, is one of the region's most respected experts in strength conditioning and sports-specific training. Throughout his career, Giannantonio's training philosophies have produced dozens of accomplished scholastic, collegiate, amateur and professional athletes.



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### SPECIAL OFFERS

- **FREE Training Session**  
(new clients only)
  - **5% Off Any Training Package or Adult Bootcamp**  
(new/current clients)
- Offers valid with this brochure*



**Maximizing Strength, Speed & Athletic Performance**





## Customized, Effective Programs for All Athletes & All Sports

Unlike other training centers that “sell” each client the same “custom” workout, F.O.R.C.E. marries years of research/expertise in human performance with the industry’s latest strength/conditioning equipment and technologies to help athletes exceed their strength, speed and conditioning goals. F.O.R.C.E. training programs can be customized to specific sports, to meet individual goals or to any athlete request.



### Custom Training Routines for:

- Youth
- High School and Collegiate Teams
- Individuals (One-on-one or Small Group)
- Elite Athletes
- Pro Athletes



### Accomplished Trainer-Athletes

Our trainers are some of the most accomplished athletes and experienced exercise professionals, holding certifications in strength and conditioning; and athletic training. All routines are created and administered under the close supervision of F.O.R.C.E. Founder/ Strength and Conditioning Director Frank Giannantonio, MS, ATC, CSCS.

## State-of-the-Art Facility

F.O.R.C.E. is located in a newly renovated 10,000 square-foot state-of-the-art facility. Equipped with the latest high-quality strength/cardio lines, including Hammer Strength, LifeFitness, PowerLift, and IronDawg, the facility also features:

- Dedicated cardio room
- 60-yard indoor turf track
- Private training studio for adults
- 8 power racks and 4 power platforms
- Advanced technology for measuring speed and performance
- Therapeutic massage by certified massage therapist (CMT), Renee LeBental



*Bergen County's Elite Athletes Train Here*