



FLEXX

FITNESS
— HAWAII —

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

FREE CONSULTATIONS



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

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

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



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





Triton

Since Triton began training with Chris, Triton has substantially gotten stronger. This has given him the confidence to spar with older and bigger jujitsu 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!



Jayce



Rylan



Po / Anu



Gunnar

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



Austin

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.



Caroline

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.



Lexi

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.



Maia