

Contact Information

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Vision

To help clients reach their full potential in all areas of health and fitness.

Purpose

To advocate an approach to health & fitness that strengthens the intellectual, physical and social growth of individuals in a healthy, safe, and successful fashion.

Mission

As an industry leader and figurehead in life & performance enhancement, Christopher will continue to deliver a positive training experience in accordance with your goals and fitness levels.

Christopher strides to empower you with the tools and coaching to get faster, healthier, stronger, and build more self-confidence. All services are deliverable through in-person and e-learning methods to improve your quality of life, strengthening your character, while reaching and surpassing your goals, regardless of beginning fitness level.

Overview

Christopher Power provides fitness coaching, life coaching, and educational services to a global clientele. Individual & group programming, in addition to In-Home & Mobile training are available.

Types of Clients

Offering services to executives, professionals, entrepreneurs, schools, athletes, local members of the community and business organizations committed to health, well-being and human development.

Clients must have a desire to live a healthier, better and more fulfilling lifestyle, understanding the need to integrate their personal and professional experiences and goals. This allows Christopher Power to apply that knowledge in a practical way, aiding the client in becoming more effective at home, in the community and in the workplace.

Clients' athletic and fitness levels vary. Everyone can achieve a higher level of success, despite various beginning points. He is adequately prepared to cater to your specialized needs and goals. Your goals and motivation are the driving force behind Christopher's training.

Specialty

Christopher specializes in a unique and multidimensional approach to fitness and development using muscle confusion, CORE training, multi-functional high-intensity movements and his own pioneered exercises.

Christopher's fitness coaching philosophy centers on the idea that an individual's personal and professional experiences and goals are interconnected—whether you are a student, professional or high performance athlete. He has a passion for diverse training routines and outside the box, yet functional and extremely effective training.

About Christopher Power, ACE

Christopher has a naturally high-energy lifestyle, built around a combination of sports, health and fitness, and motivational coaching. His entire essence breathes that "Fitness is NOT a spectator sport. He has been involved in fitness training for over 5 years and has enjoyed driving a variety of training systems over the years.

Christopher is humbled by the opportunity to share his passion, education, and experiences. Providing you with sound fitness and nutritional information, enthusiastic service, and uncompromised candor.

His gifts and talents not only come from his business experience, but from his diverse personal background and not from strict theories from text books and case studies. Christopher sees this as his vehicle to reach out to others and change lives. He provides public speaking, fitness training and an educational experience. We must all do more than think of health and fitness as a means to an end. "Self actualize your greatest capacity and demonstrate it through every facet of life."

As a firm believer in functional routines and maximum interval training, Christopher Power designs his unique programs with interactive, full body exercises, many that he has pioneered. Routines are designed with a series of combination training routines, muscle confusion, balance and exercise specificity training. Christopher wants to teach you how to become faster, stronger, lower your body fat and develop a strong body and mindset. Many training techniques he uses are sand bags, sledge hammers, weights, cardio and speed training, resistance bands, body weight, explosive movements, balance and gymnastic training. Many of his workouts involve timed bursts of intense exercise followed by short periods of lower intensity work, coined as an "active rest." His workouts test physical and mental limits alternating plyometrics for power, sports drills for speed, core for sexy abs and strength training for body performance and definition.

At a young age Christopher began playing a variety of sports. Upon graduating high school at 135 lbs, he was always very fast, but very thin. He played collegiate soccer 2002-2006. As he began to incorporate resistance training into his soccer training regimen, he learned how to increase his strength, weight (to 185 lbs, adding 50 lbs of natural lean muscle in 3 years) and enhance his performance without losing his speed and finesse on the field. Previously, he only conditioned his body with body weight exercises and calisthenics, college is where he started finding himself and his calling. Athletes quickly began working with Christopher to reach their fullest potential.

Upon graduating college with a Graphic Design degree, he worked in NYC, but continued to study and train after obtaining his personal trainer certification. He learned through researching, mirroring fitness experts, trial and error with his own workouts/routines and attending continuous workshops and seminars.

In 2009, Christopher pursued his teaching certification and now teaches at an inner city school in New York, priding himself on educating the youth, while coaching and sharing his passion for health & fitness. He continues to train individual clients and hold group classes, finding keys to accelerate his clients' goals in becoming stronger, faster, smarter or just to change their physical appearance.

Additional Training and Education

Ace Medicine Ball Training
Club Fit Practical Training Workshop
The 4 Pillars - Program Design that Works
Sports Performance Strength & Conditioning
Core Strength & Winning Sports Nutrition for Athletes
4 years NYIT DII Men's Soccer & track and field training
3 years Minor League Football (Hudson Valley Cowboys & Westchester Packers)
Strength & Conditioning Coach, Middletown HS

