

# Personal Trainer

## CJ Franchini



### **CERTIFICATIONS**

- ACE Certified Personal Trainer
- Clinical Cancer Exercise Specialist

### **SPECIALTIES**

- High risk clients
- Cancer patients
- Injury prevention

### **WHY HIS APPROACH IS EFFECTIVE**

- Tailor program to client's specific needs
- Improve daily living activities

### **FAVORITE EXERCISES**

- Back squat
- High cable row
- Deadlift