

Jake Carney

Education & Certifications

- CSCS
- SCCC
- FRCms
- FMS
- USAW-1

Areas of Specialization

- Strength training
- Mobility
- Corrective exercise
- Long-term athletic development

Fitness & Health Philosophy

"Move well then move often." - Grey Cook

Fitness & Health Accomplishments

- 2009 USAPL Collegiate National Champion 110kg Weight Class

