

# Chaz Bracci

## Education & Certifications

- MS
- CSCS
- TSAC-F
- CES
- USAW

## Areas of Specialization

- Sports Performance
- Conditioning
- Correctives
- Speed & agility



## Fitness & Health Philosophy

"Master the basics. Train movement not muscles. 'Ability is relatively fixed, effort is not. Give it your all, and good things will happen.' - Adam Rogers."