

Malcolm Chase

The Founder

CERTIFICATIONS: NASM-CPT, FNS

SPECIALIZATION: Speed-Agility-Quickness.
Strength/Stabilization. Prehab/Post Rehab
and Corrective Exercise.

SPORTS: Lacrosse, Soccer, Hockey

PHILOSOPHY: Build a solid foundation first.
With that, you will consistently grow mentally
and physically stronger.

FUN FACT: Oldest Rookie in History of Major League Lacrosse

EXPERIENCE: Personal Training for 20 years

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