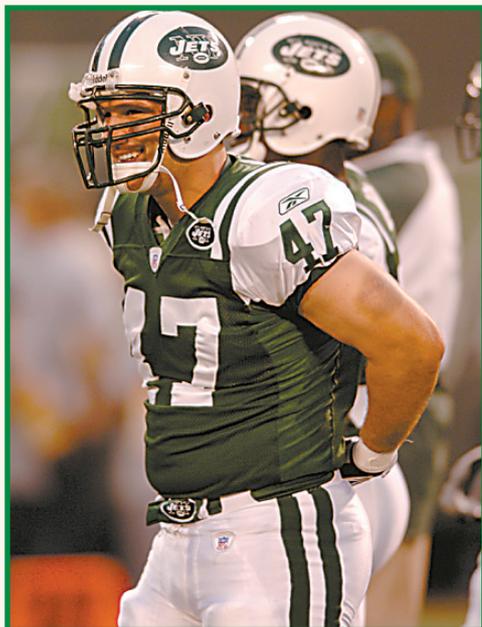




good energy

Athlete of the Month



BLAKE COSTANZO #47 NEW YORK JETS

Congratulations to Blake Costanzo, "Hard Work, Pays Off!" February 2007 Athlete of the Month received this honor for his *INTENSE TRAINING* and *COMMITMENT* to the **Good Energy Variable Training Program**.

Blake was a final "injury settlement" cut by the **New York Jets** after he broke his wrist last Summer in the final preseason game versus the Philadelphia Eagles. He was signed immediately following the conclusion of this season when the **Jets** expanded their roster, and is headed to *NFL EUROPA* this Spring to play with the **Rhein Fire**.

November's Athlete of the Month and *Good Energy Trainer*, **Andy Romans** urged his fellow *Lafayette Leopard* to train with **Good Energy** prior to his allocation to *NFL Europa*. **Blake** signed up with **Good Energy** on December 4th and never looked back training at **Good Energy** every day until his departure to *NFL Europa* in early March. **Blake** is a "throwback" football player who would much rather run through running backs than push weight in a gym. That was great news for the staff at **Good Energy** because we knew our training principles would perfectly suit **Blake's** perception of training. We are not concerned with 1 REP MAXIMUMS, but rather developing the complete athlete by assessing his/her biomechanics and improving their weaknesses and maximize their strengths. We build better athletes for the field by minimizing their risk for injury and increasing relative strength.

What did **Blake** do to deserve the **Athlete of the Month**?

He trained @ **GE** every day and fueled his body with proper **Nutrition** as he became **Bigger, Faster and Stronger** while losing 12 pounds in the process. He performed basic resistance lifts including the *Bench Press, Power Clean, Squat & Deadlift* under the supervision of **Pete Ohnegian** and **Rob DeBrino**, but he also boxed, performed our Hockey "Movement" Workout, several Bootcamps, did Martial Arts with **Bill Stevens** of **Stevens Karate** in Allendale and Franklin Lakes, and countless other exercises including the **Vertimax** as seen above.

During the mild part of December we performed Speed & Conditioning outside on the field turf at Ramsey High School and then took our football specific Speed & Conditioning to **PBI**, thanks to the generosity of **Doug Cinella** and his staff at the **Professional Baseball Instruction**. **Blake** also enjoyed several massages at the **LUSH DAY SPA** in Ramsey, NJ to help recover faster from several of our difficult training sessions.

Blake was in the **BEST SHAPE** of his life when he left for *NFL EUROPA* Training Camp on Saturday, March 10, 2007 and we look forward to all his success in *NFL EUROPA* this Spring before we get him ready for **JETS CAMP** this Summer.

Congratulations, Blake! Our slogan must now be changed to **TRAINING THE PRO'S WITH A PRO! GOOD ENERGY TO YOU!**

GO GOOD ENERGY!



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