

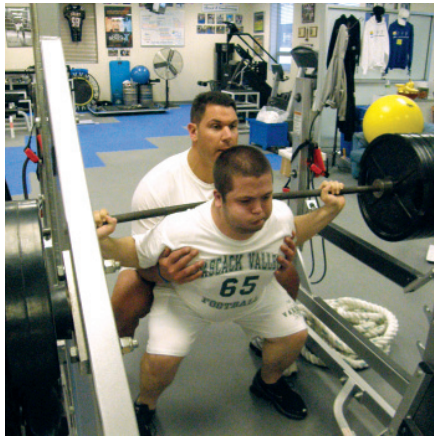


Personal Strength & Conditioning

SEAN CARNEY #65 - PASCACK VALLEY H.S.

Joined Good Energy Team in February 2010 to train with former Pro Football Player, Pete Ohnegian & the GE STAFF following his Junior J.V. football season.

Sean's GOALS were to MAKE the 1,000 LB\$ CLUB in the Squat, Bench & Clean & Be a STARTING Defensive Lineman for the INDIAN\$ in his Senior year.



WORKED HARD AT GE!



100% FOCUS!



Member - 1,000 LB\$ CLUB



LEADER ON THE FIELD!



1ST TEAM ALL-LEAGUE



P.V. DLINE MVP - 2010

...SEAN Believed in OUR Training, and WE BELIEVE IN SEAN!

Sean achieved his Goals, played with more CONFIDENCE and developed a GREAT WORK ETHIC!

Join OUR TEAM if you WANT TO REACH YOUR GOALS and have a DRIVE like SEAN CARNEY #65!

SPEED - STRENGTH - CONDITIONING & CONFIDENCE

260 W. Crescent Avenue #2 Allendale, NJ 07401



OUR TEAM trains YOU for Success in LIFE!

WWW.GOODENERGYTRAINING.COM

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