

STAFF

Paul Manfre – Paul has trained athletes at all levels for over 16 years, training all sports well as military special operations troops. He holds the dual certifications from the National Strength and Conditioning Association as a CSCS (Certified Strength and Conditioning Specialist) and as a personal trainer; He is also certified as a Corrective Exercise Specialist from the National Academy of Sports Medicine. He is a graduate of the University of Dayton.

Milissa Manfre – Milissa is certified by the National Athletic Trainers Association as well as the American College of Sports Medicine. Prior to founding Power Enterprises, she was the coordinator for athletic training for the Tri-Health Complex in Cincinnati. She regularly consults with Olympic physical therapists and trainers to stay on the cutting edge of rehabilitating injured athletes. She is also a Licensed Massage Therapist (LMT). She is a graduate of the University of Dayton

TRAINING INFORMATION

WHO

Available to athletes interested in increasing their potential

WHERE

Power Enterprises Training Facility
(Near Centerville High School)
144 West Park Road
Centerville, OH 45459
937.414.0362

WHEN

Up to six days a week
Athletes \$200/mo unlimited or
\$20/session
Adults \$300/mo unlimited or
\$25/session

INFORMATION/REGISTRATION

937.414.0362

www.powerathlete.net

Power Athlete on Facebook

*Over 16 Years of helping athletes,
weekend warriors and soccer
mom's discover their full potential*



**Complete Athletic Training
with Dayton's most qualified
and successful team of
coaches**

Certified and Licensed in/by:

- NATA Athletic Training
- Sports/Corrective Massage Therapy
- NSCA Strength and Conditioning Coaches
- NASM Corrective Exercise Specialists
- University of Dayton graduates

Don't Just Take Our Word for It

Division I Athletes:

*"...I came to Paul Manfre to **prepare myself to transfer to the University of Notre Dame** and gain a spot on the football roster. Exercises like 300 lbs tire flips and circuits of explosive Olympic lifts more than prepared me for the hardest thing I have ever done in my life: **making the team at Notre Dame**" – Evan Wray, Notre Dame 2012*

*"...After working out at Paul's, not only did I become a starter, I was **all-state** and a **starter on a state championship team**. I also **won a scholarship** to a D1 school....I **credit Power Enterprises** with my success" – Max Plunkett, Kent State OL#77*

Over 40 Power Enterprises athletes have gone on to win Athletic Scholarships

Show Me Some Results

Gain 20 lbs. of lean muscle, 30-50 lbs of bench press increase, 50-100 lbs in the squat and dead-lift

...and increase speed and power, 2 second drop in 40 yard sprint test!

...and gain 2 inches of vertical jump height and strengthen joints of the hips, knees and ankles to prevent ACL and other injuries

These improvements are all common place with our program

Whether you are an athlete or just want to look like one again, we can provide you with the tools to accomplish your goals

Want to know more? Call Paul at 937.414.0362

Don't Just Take Our Word for It

Coaches and Adults:

*"Out student-athletes have been able to **go on and excel at the next level** because of their skills and their athletic ability. **All of the credit** for developing their athleticism **goes to Paul and the training he does** with them....." – Chris Hart, Alter High School AD*

*"As a former Div I scholarship athlete, I **thought I knew** exactly what to do for my workout routine...after a **few pounds and an ACL injury** forced me to change what I knew, I started coming to Paul's. I was **inspired to push myself harder than I ever imagined** and motivated to make **nutrition a priority**. I finally **"got it"**... Thanks to Paul, I'm in the best shape of my life" – Peggy Yingling Stewart, Wright State Women's Basketball '88 –'93*