

# Chris Marenco

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## Training Philosophy

“I want my clients to feel better, look better, & move better. I create workout programs focused on bodybuilding & increasing mobility. I help my clients make progress by helping them establish lifelong habits & keeping them accountable to their goals.”

## Certifications

NCSF Certified Personal Trainer

## Specializations

Strength & Resistance Training  
Functional Fitness & Daily Movement Patterns  
Flexibility & Mobility Enhancement  
Post Injury Rehabilitation & Corrective Exercises  
Weight Management & Fat Loss

## Available Hours

Weekdays: Early Mornings/Mornings/Afternoons  
Weekends: Mornings