

John Bruno



I started training people in performance related fitness in 1998 in association with participation in martial arts competitions. Since then, I have acquired many certifications, certificates and degrees, evolving into a full time strength and conditioning coach. I spent 12 years training as an NCAA Strength and Conditioning Coach, expanding to performance training not just for martial arts athletes but all sports.

Now in Sarasota Florida from Erie PA, I get to apply my experience working with injured athletes and my education working with special populations including the elderly with hip, knee, and shoulder replacement as well as continuing with athletes.

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