



SPORTS PERFORMANCE TRAINING



Joe Carini is a 6 time New Jersey's Strongest Man and former record breaking powerlifter. With 30+ years experience, he has trained NFL athletes including Tiki Barber, Ronde Barber, Chris Snee, and Shaun O'Hara.

Joe offers training to individuals of all skill levels: Professional, Amateur, College and High School. Come visit Carini's House of Iron and become **AS STRONG AS HUMANLY POSSIBLE!**



Personalized Training

Training for speed? Power? Raw unbridled strength? Joe Carini will custom tailor a fitness program based on your goals!



Gain Speed & Power in the Off-Season

Want to CRUSH the competition next season? Joe will help you transform into an absolute beast on the field!



High School, College, & Pro Athletes

Carini's House of Iron forges champions at the high school, university, & NFL level.

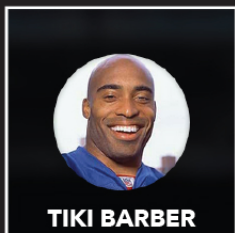


Best Equipment

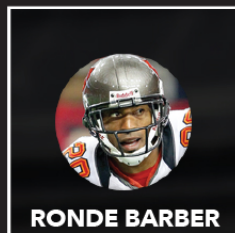
Power racks, atlas stones, logs, sandbags, tackling dummies, sleds, sledge hammers and Custom Carini equipment!



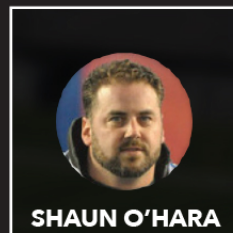
PRO FOOTBALL CLIENTS



TIKI BARBER



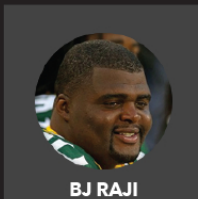
RONDE BARBER



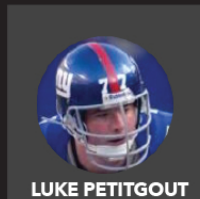
SHAUN O'HARA



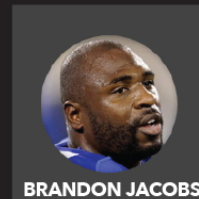
CHRIS SNEE



BJ RAJI



LUKE PETITGOUT



BRANDON JACOBS



LARRY JOHNSON

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