



Vincent P. Mangione, Jr.



Vincent P. Mangione, Jr. is a North Tonawanda native and 2009 St. Joseph's Collegiate Institute grad with an Associate Degree in Business from NCCC and a BA in Nutrition and Health from the State University at Buffalo.

Vincent is a raw powerlifter and a Strength Guys and Drug Free Strength athlete with numerous accolades. These include 1st place at the RPS NYS Championship in August 2014, 1st place at RPS Spring Supremacy in April 2015, 5th place at the USAPL Liberty Games in July 2015, and recent qualification for the 2015 RAW Powerlifting Nationals.

Vincent's personal goals include eventually qualifying to compete at the Arnold Sports Festival for powerlifting and to also qualify for the World Powerlifting Championships.

Vincent is an ISSA Certified Fitness Trainer, an ASEP Certified Strength and Conditioning Coach, and is currently in the process of becoming an ISSA Specialist in Sports Nutrition.

Beginning his career as a Strength and Conditioning coach at St. Joseph's Collegiate Institute, Vincent's knowledge of personal training and sports nutrition has grown as much as his love and passion for sports training, healthy living, and powerlifting.

Vincent trains because he loves it. Day in and day out he dedicates his time to expanding his knowledge of strength building, performance enhancement, athletic explosiveness, and facilitating a healthy lifestyle.

Vincent's passion extends to his desire to help others. He believes that everyone truly wants to improve him or herself, whether it be simply living healthier, fuller lives, getting to that next level in the sport they love, or building strength to succeed at powerlifting competitions. Vincent wants to be that person who will assist them in the achievement of their fitness goals, helping them make the positive change that they came to Kenmore Barbell & Fitness to achieve.