

FocusNYC

Andrew Gladstone, CSCS

Of all our trainers, Andrew has been with us the longest. He is originally from Boston, MA, and moved to New York to grow his career in the fitness industry. As a former trainer for Boston Sports Clubs, he has tremendous experience working with individuals of all fitness levels, and continually uses his unique ability to think outside the box when creating their exercise programs. Andrew also coached youth swimming and track and field in Boston, and combines his performance-enhancement experience with his coaching skills to help his clients meet their goals. In addition to training, Andrew has a strong background in the performing arts and enjoys designing programs for performers.

Education

B.A.- Tufts University

Certifications

NSCA Certified Strength and Conditioning Specialist (NSCA-CSCS)

NASM Certified Personal Trainer (NASM-CPT)

Pre/Post Natal Exercise

CPR/AED Certified

Continuing Education

Focus Integrated Fitness Journal Reviews: Monthly review of topics relating to current fitness trends, strength and conditioning, exercise physiology and medical journals.

Manual Resistance Training (Michael Youssouf, MA, MES)

Integrated Movement Screens and Assessments (Annette Lang)

Biomechanics of Postural Deviations (Michael Youssouf MA, MES)

Medical Concerns of Personal Training (Michael Youssouf MA, MES)

Boxing Technique for the Personal Trainer and Client (Paul Frediani, MES)

Anti-Sitting Training (Juan Carlos Santana, M.Ed., CSCS)

Full Body Flexibility (Jay Blahnik)

Nutrition Principles for Trainers (Jyni Holland, MS, RD)

Exercise and Youth Obesity (Neal Pire, MA, C.S.C.S.)

Post Rehab: Fitness for the Shoulder (Will Smith, MS, MES)

Comparison of Formats for Exercise Programming (Michael Youssouf MA, MES)

Ideal Exercise Technique (Eric Beard, MA, CPT, IFS, CSCS)

Mass Adjustments to Build or Tone (Dr. Christopher Mohr)

Functional Movement Screening (Gray Cook, MSPT, OCS, CSCS)

Strength Training Research (Dr. Wayne Westcott)

Concepts in Stretching (Annette Lang, MS, NASM-CPT)

Technique; What's Right, What's Wrong? (Christopher McGrath, MS, CSCS)