

# FocusNYC

## Brent Carter, CSCS

Originally from Houston, Texas, Brent received his Bachelor of Science degree in Exercise and Sports Sciences from Texas Tech University. Upon graduating, he attended The American College Dance Festival at Duke University on a full scholarship. He now performs modern and contemporary ballet locally throughout the New York area. As a former gymnast and Brazilian Jiu Jitsu competitor, Brent incorporates a number of different movements and techniques into his innovative and energy-packed training sessions. He is also an avid food fan, specializing in creating healthy yet delicious southern-style meals.

### Education

B.S. Exercise and Sports Sciences, Texas Tech University

### Certifications

NSCA Certified Strength and Conditioning Specialist (NSCA-CSCS)

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.

**Functional Training** (Juan Carlos Santana, M.Ed, CSCS)

**Stability Ball Training I and II** (Juan Carlos Santana, M.Ed, CSCS)

**Breaking Down the Barbell Clean** (Chad Waelchli, MS, CSCS)

**Asymmetrical Forward Shoulder Imbalance** (Chris Johnson, MPT)

**Dumbbell Training I** (Juan Carlos Santana, M.Ed, CSCS)

**Movement Choices Made Through Feedback** (Ted Recitas, NSCA, CPT)

**Interval Training for Clients and Athletes** (Mike Boyle, ATC)

**Medicine Ball Training** (Juan Carlos Santana, M.Ed, CSCS)

**The Whole Foods Approach to Health and Wellness** (Sabrina Candelaria, MA, RD)

**Band Training I and II** (Juan Carlos Santana, M.Ed, CSCS)

**High Intensity Interval Training** (Chris Proulx, DC, MS,CSCS, \*D)

**Exercise Modifications to Enhance Shoulder Function** (Peter Ronai, MS, CSCS, \*D)

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

**Strategies to Manage Chronic Knee Pain** (Donna Kauchak, MS)

**Modifications for Low Back Disorders** (Mike Diebler, MS)

**Sensorimotor Training - The Missing Link in Athletic Performance** (Christopher Johnson, MPT)

**Kettlebell Basics**(Earnest Hudson Jr., MS, CSCS)