FocusNYC

Andrew P.
FPTI

Andrew was born and raised in northern Virginia. A Navy veteran, Andrew completed two combat deployments on the USS Carl Vinson in San Diego. After sustaining an injury on his first deployment, Andrew spent a good amount of time in physical therapy. It was there that he discovered his passion for fitness and was amazed by the human body and how it can recover and grow back much stronger.

After the Navy, Andrew went back to school to finish his undergraduate degree and immediately after, moved to New York City where he fell in love with the diverse culture and the vibrant energy of the city. Wanting a deeper understanding of the fitness realm, Andrew enrolled and completed the Focus Personal Training Institute 600-Hour Master course.

Andrew is passionate about helping others experience the positive benefits of leading a healthy and fit life and understands that everyone has different goals in fitness. Since learning his lesson on injuries and recovery, mobility and posture correction are prioritized in his training programs.

Education

BA - Global Affairs & International Security, George Mason University, VA

Certifications

National Academy of Sports Medicine (NASM-CPT) - Pending
CPR/AED- American Red Cross

Continuing Education

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

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

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

Joint Friendly Strength Training (Nick Tuminnello)

Assess and Correct (Eric Cressey, Bill Hartman, Mike Robertson)

Joint by Joint Approach to Training (Mike Boyle, ATC)