

FocusNYC

Angelica V. FPTI, MES, CSCS

Angelica was born and raised in Staten Island, New York, where she played a wide variety of competitive sports. She began her athletic career as a skier at the age of three and, from then on, was involved in a different sport each season until her senior year of high school, when she unfortunately tore her ACL and meniscus while playing soccer.

After two corrective surgeries, Angelica was determined to rehab her knee and get back on the field. So, she took it upon herself to research various ways to supplement her physical therapy program. Little did she know that along the way, she'd discover a newfound interest in post-rehabilitation training that she'd later turn into a career.

After receiving her B.A. from Loyola University Maryland, Angelica returned home from Baltimore and went to work in digital advertising in New York City. Though she enjoyed agency life, her curiosity about training still lingered and grew stronger. She ultimately decided she wanted to turn her passion into more than just a hobby. As a result, she resigned from her advertising position and enrolled in FPTI's Master Course, where she learned how to apply the concepts of kinesiology, physiology, biomechanics and injury prevention to a wide variety of client types.

Angelica excelled in her class as well as in her internship at Focus Integrated Fitness, and was immediately hired after completion of the course. Much like her colleagues, Angelica values educational growth and is devoted to improving her skill set as a personal trainer so that she can continue to provide her clients with the best possible service

Education

Focus Personal Training Institute Master Course (FPTI)
B.A. Loyola University Maryland

Certifications

NSCA Certified Strength and Conditioning Specialist (NSCA-CSCS)

Medical Exercise Specialist (MES)

Certified Weightlifting Performance Coach (CWPC)

Strongfirst Kettlebell Level 1 & 2 Certified (SFG-1 & SFG-2)

American Heart Association CPR & AED Certified

Pre-post Natal

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 Tominello)

Muay Thai Techniques (Brandon Levi)

Speed, Agility and Quickness for Sport and Life (Nick Gehling, MES, CPT)

Strength Programs: Research Versus Practice (Meaghan Shea, MA, CSCS, MES)

Food and Nutrition, Eating Well Mindfully (Bridget Murphy, MS, RDN, CDN)

Arthrokinematics and Self Joint Mobilization (Ryan Chow, SPT, EP-C, CES)

The Use of ART in Movement (Dr. Andrew Park, DC, MS, MSLAc)

Orthopedic Aspects of Triathlon Injuries (Dr. Mark Klion, MD)

Scoliosis and Scroth (Ariel Flug, DPT)

Olympic Lifting & Client Application (Liz Cavanaugh, Angelica Virga)

Motor Control and Power Lifting (Ryan Chow)

Diaphragmnia (Alanna Bradley)

Movement Preparation for Squatting (Zeena Hernandez, PT, DPT)