FocusNYC

Antwone W.
FPTI, CPT

A Brooklyn native, Antwone has been in the gym his whole life. This dedication to his personal exercise journey fueled his passion for fitness. It soon became evident to Antwone that connecting with others as a personal trainer and inspiring his clients to achieve their own personal goals was his true calling.

A top graduate of the Focus Personal Training Institute 600-hour Master Course Program, Antwone thrived in the fast-paced learning environment that focused on the human body and form. He not only ensures clients maintain proper technical form during his sessions but also helps them cultivate their own lasting connection to health and wellness.

Specializing in weight loss, corrective exercise, strength training, mobility, and posture improvement, Antwone has worked with clients from a wide range of backgrounds and experiences. His philosophy aligns with the mind and body to help others find the same confidence and passion he found through fitness.

Education

Focus Personal Training Institute Master Course (FPTI)

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)