FocusNYC

Blake F.
FPTI, NSCA-CPT

A lifelong New Yorker and current Brooklynite, Blake's journey into the world of fitness began at a very young age. Growing up in nearby Rockland County, he participated in many youth activities, including basketball and soccer, but baseball was always his true calling. A love for sports and an active lifestyle would follow him throughout the years.

After attending college at SUNY Oswego, Blake moved back to New York City in 2005. Having spent many years in the hospitality industry he carried with him a passion for hard work and dedicated service to others.

Deciding it was time for a career change, Blake enrolled at Focus Personal Training Institute and completed FPTI's 600 Hour Personal Training Master Course as one of top students in his class. An extremely detail-oriented individual, Blake puts his greatest effort into helping his clients achieve the best possible results. Knowing first hand the countless benefits that an active lifestyle can have on one's physical and mental health drives Blake to help every client achieve their goals and unlock their fullest potential.

Education

Focus Personal Training Institute Master Course (FPTI)

Certifications

National Strength and Conditioning Association (NSCA-CPT)
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)