

# FocusNYC

## Brian M. NASM-CPT

A New Yorker and NASM-certified trainer, Brian grew up playing competitive golf and basketball. Majoring in Theatre at Carnegie Mellon University, he studied Alexander Technique, ballet, jazz, and Laban Movement Analysis, along with many other techniques. This combination of athletic and functional movement training reshaped the way Brian viewed physical fitness and is incorporated into his sessions with clients. As a personal trainer, Brian focuses on alignment, breath, and the functional workings of the body as the foundation for strength, speed and power. He ultimately believes you must strive daily to challenge and understand your body in order to live a full, healthy physical life.

### Education

BFA- Carnegie Mellon University

### Certifications

National Academy of Sports Medicine (NASM-CPT)  
CPR/AED- America 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)