FocusNYC

Can Yao
BS, CPT

Can Yao Wu is a highly qualified personal trainer and online coach with a B.S. in Exercise Science from the University at Buffalo. He has extensive experience helping individuals of all levels of athleticism to achieve their fitness goals through personalized training programs.

Can Yao Wu has undergone advanced training in various subjects related to exercise science, as well as technical communication, to enhance his professional skills and knowledge. He is committed to staying up-to-date on the latest research and best practices in the field and is always eager to share his expertise with clients.

In working with his clients, Can Yao Wu places a strong emphasis on developing productive, positive relationships. He takes the time to understand his clients' unique needs and goals, and creates personalized training programs tailored to their individual requirements. His results-driven approach is balanced by his sensitivity to maintaining a healthy, respectful relationship with his clients. Can Yao Wu's ultimate goal is to help his clients achieve long-term success through sustainable, adaptable changes to their approach to exercise. In his free time, Can Yao Wu stays active as a competitive powerlifter and photographer.

Education

B.S.- Exercise Science, University at Buffalo, The State University of New York

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)