

# FocusNYC

## Charlie B FPTI, ACE-CPT

Growing up on the East End of Long Island, staying active was always a way of life for Charlie. Having participated in sports since he was young, Charlie initially viewed exercise as a nothing more than a means to stay competitive with his peers. As he continued to remain active in sports, however, Charlie realized that exercise and training - on its own, was the thing that he really loved. This passion for exercise continued to evolve as Charlie saw first-hand how powerful the satisfaction could be in setting small goals and working towards them in order to achieve larger accomplishments.

While attending St. Anselm College, Charlie made the heartfelt decision to pursue a career as a professional personal trainer. It was then that he enrolled in Focus Personal Training Institute's 700 hour Master course. During his time at FPTI, Charlie learned the importance of evidence-based training and the value of a scientific approach to program design. Because of this strong technical foundation, Charlie now prides himself on his ability to keep his training sessions multidimensional and engaging for each of his clients. With this understanding of exercise technique and proper progression, Charlie is also able to help his clients stay motivated and safe while effectively achieving their goals- regardless of whether they are big or small.

### Education

Focus Personal Training Institute Master Course (FPTI)  
American Council on Exercise (ACE-CPT)  
CPR/AED Certified - 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)

**Scoliosis and Schroth** (Ariel Flug, PT, DPT, BSSPT)

**Motor Control and Power Lifting** (Ryan Chow)

**Diaphragmnia** (Alanna Bradley)

**Low Impact Training for Sedentary Populations** (Will Brown)

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