

FocusNYC

Dallas G. CPT, MES

A Queens native, Dallas graduated from Hunter College with a B.A. in Psychology. For the past 10 years, however, he has devoted much of his time to studying his passion ? fitness ? as a science, an art form and a way of life. Using himself as a client, he underwent his own personal transformation and went from 135 lbs. to a solid 225 lbs. through the application of sound training and nutrition.

As a Medical Exercise Specialist, Dallas has experience working with special populations and can provide program design for an array of conditions including knee and hip injuries and spinal issues such as scoliosis and disc herniations. He connects with his clients on a deeper level so that he can tailor their programs to their own unique needs. Dallas excels at combining the right amounts of core and corrective work, resistance training and conditioning for each individual, and has been able to effectively help many clients achieve their health and body recomposition goals with this methodology.

Dallas goes above and beyond to give his clients the best possible service in each session, placing an emphasis on executing proper form to ensure safety, efficiency and the establishment of a solid mind-to-muscle connection. Injury prevention and longevity training are at the forefront of his programming, as he greatly desires to help people sustain their fitness long-term.

Education

BA- Psychology, Hunter College City University of New York

Certifications

MES- Medical Exercise Specialist

NCSF Certified Personal Trainer

TRX Suspension Trainer Certified

ACE Pre and Post Natal Certified

CPR/First-Aid/AED Certified

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)

Orthopedic Aspects of Triathlon Injuries (Dr. Mark Klion, MD)

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

Regenerative Sports Medicine, and Spinal Care (Nick Beatty, MD)

Motor Control and Power Lifting (Ryan Chow)

Low Impact Training for Sedentary Populations (Will Brown)

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