FocusNYC

Darryle W.
BS, CPT

Darryle was born in White Plains, New York, and has resided in Connecticut for the last 15 years. The son of a personal trainer, Darryle was always very active, participating in activities like swimming, basketball, and Ultimate Frisbee.

Darryle has a bachelor's degree in Exercise Science and has worked in many different environments, such as rehabilitation in hospital settings, and personal training in his father’s training gym. He has also worked as an outdoor excursion leader, bringing groups of 12-15 peiple on trips up and down the Connecticut River via canoe and hiking the Appalachian Trail. Darryle has a wide range of skills and is always excited to meet new people and help them reach their fitness goals.

Education

B.S - Exercise Science, Sacred Heart University

Certifications

BLS Certified (AED & CPR)

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)