FocusNYC

David D
FPTI, NASM- CPT

Born and raised in Brooklyn, David was always athletic throughout his childhood. From a young age, David was always kind and welcoming and deep down wanted to help other people. His true passion came to light in 2015 when he bought his first NASM Book and decided to become a personal trainer.

A graduate of Focus Personal Training institute's 600-hour Master Course Program, David is also CPR/AED and Theragun Certified. He exercises daily, trains clients from all ages, and implements new programs for them and for himself. David is considered a technical strength coach who understands the importance of proper form and function.

In 2021 David accomplished the spartan Trifecta with an outstanding Beast rank of 21/134 in his age group and 166/1272 in the category group. David constantly seeks the opportunity to apply strong health and nutritional knowledge, along with excellent customer service and management skills. Passionate, caring, and inspiring, David is sought after by clients of all ages, abilities and backgrounds.

Education

Focus Personal Training Institute Master Course (FPTI)

Certifications

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

Assess and Correct (Eric Cressey, Bill Hartman, Mike Robertson)

Joint by Joint Approach to Training (Mike Boyle, ATC)