FocusNYC

Dylan D.
FPTI

Dylan's passion for fitness began at a young age while playing hockey. Being the middle brother of three instilled a strong sense of competition in him, and he consistently practiced with his brothers to improve his technique and form. Dylan continued to coach his younger brother after he graduated from school, ensuring he pushed himself to achieve higher scores and reach his physical fitness goals. This experience later inspired Dylan to pursue a career as a personal trainer.

Dylan is a graduate of Focus Personal Training Institute’s 600-hour Master Course Program. He is CPR/AED-certified and is currently pursuing his NASM certification. His personal training style involves safely challenging the client and encouraging them to test their limitations. It brings him great joy to watch his client accomplish something they didn't think they could achieve. His personal training mantra is "You are stronger than you think."

Education

Focus Personal Training Institute Master Course (FPTI)

Certifications

National Academy of Sports Medicine (NASM-CPT) Pending

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)

Motor Control and Power Lifting (Ryan Chow)

Diaphragmania (Alanna Bradley)

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