

FocusNYC

Emilio S. **FPTI, NASM-CPT**

Emilio was born in Brazil and lived in Italy before moving to Connecticut where he grew up most of his life. Upon his arrival to the U.S, he was introduced to new sports like football, baseball and basketball. Immediately, he fell in love with these newfound sports and went on to play youth football league and continued through high school. It was in high school where his interest in personal training began and he developed a passion for helping others and seeing their progress in reaching their goals.

After graduating from the University of Connecticut, Emilio moved to New York City to commence his journey in enhancing people's fitness and health as a personal trainer and enrolled in Focus Personal Training Institute's Personal Training Foundations Course. It was at FPTI where Emilio developed his professional skill set to work with a diverse client population of all levels to help them reach their fitness and health goals.

Education

Focus Personal Training Institute Master Course (FPTI)
B.A. University of Connecticut

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 Tuminello)

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

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