FocusNYC

Felix N.
FPTI, NASM-CPT

Felix grew up in New York City and the Dominican Republic. His fitness journey began while attending high school in the US. He felt very insecure about his appearance, but initially lacked the motivation to do something about it. The more he learned about fitness, the more hopeful and disciplined he became. Over time, Felix started to focus on building a healthy lifestyle and finding peace of mind, along with meeting his physical goals. Now his goals center around being a source of hope and knowledge for others who may not feel they're capable of turning their lives around.

Felix is a recent graduate of the 600-hour Master Course Program at Focus Personal Training Institute. He is CPR/AED-certified and NASM certified. As a Certified Personal Trainer, Felix is ready to do what he's most passionate about: helping you become the best version of yourself.

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)