FocusNYC

Gabriel Valencia CSCS, MES
Principal

Gabe Valencia brings a wealth of talent and expertise to his role as co-founder of Focus Integrated Fitness. In addition to attending numerous continuing education courses, mentorships and clinics throughout the country, Valencia has received certifications from the National Strength and Conditioning Association, the American Council on Exercise, the National Academy of Sports Medicine and The American Academy of Health and Fitness Rehabilitation Professionals. As well as being a driven fitness entrepreneur, his specialties include corrective exercise, performance enhancement, conditioning, postural assessment, strength training and nutrition.

Fads and celebrity hype are truly taboo for Valencia: he personifies that rare breed of trainer who approaches his profession as a science. This distinction has earned Gabe the respect of his clients, industry peers and the national media, incuding CBS-TV, WB 11; Mens Health, In-Style, Shape and Marie Claire magazines; Forbes.com, the Daily News, and I-Village Online.

A graduate of the School of the Art Institute of Chicago, Gabe’s industry experience, technical expertise and passion for excellence is a driving force in the growth and success of Focus Integrated Fitness

Education

B.F.A. - School of the Art Institute of Chicago ('95)

Certifications

NSCA Cerified Strength & Conditioning Specialist (CSCS)
AAHFRP Medical Exercise Specialist (MES)
NASM Certified Personal Trainer (NASM-CPT lapsed)
NASM Performance Enhancement Specialist (PES)
NASM Corrective Exercise Specialist (CES)
ACE Certified Personal Trainer (ACE-CPT)
Pre/Post Natal Exercise
NYS Emergency Medical Technician-D (NYS EMT-D lapsed)
Precision Nutrition Level 1 Certified
New York State Licensed Teacher

Programs

Somanautics 6 Day Intensive Hands-On Gross Anatomy Workshop (50 Hour Course) - New Jersey School of Medicine and Dentistry (Gil Hedley, PhD)

Mike Boyle Strength and Conditioning 20 Hour Mentorship- Waltham, Massachusetts (Mike Boyle, ATC)

The Institute of Human Performance 20 Hour Mentorship - Boca Raton, Florida (Juan Carlos Santana, MEd, CSCS)

Explosive Weightlifting for Coaches and Personal Trainers 2 Day Seminar - Asphalt Green, NYC (Harvey Newton, MA, CSCS)

Functional Movement Screen 2-Day Seminar - Orlando, FL (Gray Cook, MSPT, OCS, CSCS, Lee Burton, PhD, ATC, CSCS)

Mike Boyle 1-Day Personal Training Seminar - NYC, (Mike Boyle, ATC)

Symposia

Advanced Periodization Symposia- San Diego, CA (Michael Stone, PHD; Peter Melanson, MS, CSCS; Michael Barnes, Med, CSCS*D, NSCA-CPT; John Graham, MS, CSCS*D)

Aging and Longevity - Mount Sinai Medical Center, NYC (Arthur H. Aufses, Jr., MD; John W. Rowe, MD; Richard J. Hodes, MD)

Hip Pain A Comprehensive Approach to Diagnosis and Treatment - Hospital for Special Surgery, NYC (Amar S. Ranawat, MD; Gregory R. Saboeiro, MD; Theodore R. Fields, MD, FACP; Karen Juliano, PT)

Continuing Education

Beyond Program Design (Juan Carlos Santana, M.Ed, CSCS)

The Evolution of Personal Training (Alwyn Cosgrove, CSCS)

Understanding Primitive Movement Patterns (Gray Cook, MSPT, OCS, CSCS)

Training Modifications for Obesity and Low Back Pain (Mike Boyle, ATC)

Integrated Movement Screens and Assessments (Annette Lang, CPT)

Heart Rate Training for High Performance and Sport Training (Edward Burke, PhD)

Recent Research on Strength Training (Wayne Westcott, PhD)

Cardiovascular Conditioning in Anaerobic Energy Systems: Programming for Peak Performance (Everett Aaberg, MS, CSCS, RTS, MAT)

Functional Exercise Myths and Realities (Tom Purvis, RPT)

Low Back Rehabilitation and Injury Prevention (Mike Clark, MS, PT, CSCS, PES, CES)

Exercise Nutrition (Thoman Incledon, MS, RD, LD/LN, NSCA-CPT, CSCS)

Acceleration and Agility Training (Duane Carlisle, CSCS)

Sheer Compression and Other Forces (Tom Purvis, RPT)

Compare and Contrast of Popular Training Systems (Michael Youssouf, MA, MES)

The Five Most Common Mistakes in Core Training (Gray Cook, MSPT, OCS, CSCS)

Functional Movement Screening (Gray Cook, MSPT, OCS, CSCS)

Post Rehab Guidelines for the Spine (Dr. Michael Jones)

Joint Torque and Shear: Implications for True Functional Development (Dr. Paul Juris)

Diabetes Types and the Impact on Exercise Prescription (Emily Splichal, BS, CPT)

The Physiology of Obesity (Dr. Len Kravitz)

Understanding Stabilization Training: An Evidence Based Position Stance (Rodney Corn, MA, PES, CSCS)

Metabolism: Reality vs Controversy (Dr. Len Kravitz)

Training the Young Athlete (Donna Kauchak MS,CSCS)

Advanced Flexibility Techniques (Annette Lang, NASM, CPT)

Strength Training for Older Adults (Dr. Wayne Wescott)

Excess Post-exercise Oxygen Consumption (Dr. Len Kravitz)

Post Rehabilitation Upper and Lower Body (Dr. Michael Jones)

Pre-Post Rehab Analysis of the Rotator Cuff (Dr. Thomas Wickiewicz)

Post Rehabilitation Fitness For the Shoulder (William J. Smith MS, CSCS)

Exercise and Youth Obesity (Neil Pire, MA, CSCS)

Post Rehabilitation for the Knee (William J. Smith MS, CSCS)

Patello-Femoral Consideration for the Medical and Fitness Professional (Christopher Johnson, MPT, Jack Mantione, DPT, CSCS)

Fascial Systems (William J. Smith MS, CSCS)

Plyometric Training (JT Netterville, NSCA CPT)

Conditioned to the Core (Paul Goodman, MS, CSCS)

Concepts in Strength, Balance and Coordination (Paul Goodman, MS, CSCS)

Introduction to Graston and Active Release Therapy (Dr. Leon Aibinder)

Special Populations Programming (William J. Smith MS, CSCS)

Muscular Imbalances (Justin Gornell, DPT, OCS)

Grounded: Mobility and Agility in Tight Spaces (Paul Goodman, MS, CSCS)

Postural Assessment and Analysis (Erika Bloom)

The Art of Effective Instruction (Ilene Bergelson, ACSM HFI)

Asymmetrical Forward Shoulder Analysis (Christopher Johnson, MPT)

Confronting the Obesity Epidemic - Practical Strategies for Fitness Professionals (Camille Eroy-Reveles, MPH, CPT)

Balancing the Musculoskeletal System (Christopher Johnson, MPT)

Technique; What's Right, What's Wrong? (Christopher McGrath, MS, CSCS)