

FocusNYC

Ian P. B.S., M.S., NASM

A New York native, Ian has been active his entire life- playing baseball and studying martial arts since the age of 10. When he left to complete his Bachelor's Degree at Cornell University, Ian took his energy and dedication for fitness with him, hitting the gym daily and continuing to study the science behind his training programs. As he became a more technically accomplished lifter, he joined the Barbell Club. As an experienced club member, Ian began helping newer members learn the basics of barbell and strength training. He ended up spending so much time on this passion that he eventually decided to pursue a Master's of Science at Boston University and is now finishing a second Master's Degree in Public Health from Columbia University. During this time, Ian became a top performing personal trainer at a leading personal training gym in Boston, and has continued to work as a trainer ever since.

Ian's goal as a trainer is to facilitate and enable his client's success. He believes in his clients and their innate drive to improve themselves. All he needs to do provides the expertise, structure, and appropriate motivation. Though still goal driven- and with a very successful track record of client achievements- Ian also believes that being fit doesn't need to consume your life. He believes that in a training session, you are working on more than just a better body, you are also building confidence, some healthy pride and most importantly, improved health. Ian feels that one's underlying health is as important as the physique, performance and strength gains that he helps his clients achieve

Education

B.S.- Human Development at Cornell University

M.S.- Boston University

M.P.H.- Columbia University (in progress)

Certifications

National Academy of Sports Medicine- NASM CPT

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)

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