FocusNYC

Jimmy K
BS, CPT

Born and raised outside Boston proper, Jimmy grew up with an affinity for sports and living an active lifestyle. Having been a basketball player his entire life and understanding the needs of an athlete, he geared his collegiate studies towards Kinesiology, thus starting down the career path of athletics and fitness.

As a seasoned professional, Jimmy has now worked with clients of all ages and backgrounds and focuses on delivering safe and effective training programs customized for each client. Sports performance, injury prevention, strength and conditioning are specialties he has worked in, but teaching others about overall wellness and how it can be improved holistically is something he stresses with everyone.

Jimmy holds a Bachelor of Science degree in Kinesiology from the University of Massachusetts Amherst and certifications from both the National Strength and Conditioning Association (NSCA) and the American College of Sports Medicine (ACSM). He is both a Certified Strength and Conditioning Specialist (CSCS) and a Certified Exercise Physiologist (C-EP).

Education

B.S.- University of Massachusetts Amherst, Kinesiology

Certifications

NSCA Certified Strength and Conditioning Specialist (CSCS)
ACSM Certified Exercise Physiologist (C-EP)
CPR/AED Certified

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)