FocusNYC

Joaquin T.
NASM- CPT

Joaquin was born and raised in Lima, Peru. At fifteen, he discovered fitness through his passion for mixed martial arts. After winning his first competition, Joaquin moved to Miami to dedicate himself fully to competing in the highest levels of Brazilian Jiu-Jitsu. Receiving his Black Belt in 2019, Joaquin then won the prestigious IBJJF American Nationals in 2020 and placed 6th in the world in his division. Joaquin is currently ranked 7th in the world in his division and is the top-scoring Peruvian athlete in Brazilian Jiu-Jitsu.

As a personal trainer, Joaquin has helped his clients acheive many different training goals, including - but not limited to - power development, strength training, functional training, pre/post-rehab, and injury prevention. He has been a group and solo instructor, sometimes leading groups of up to 30 people and 1-1 private sessions.

Education

B.S. Business Administration and Marketing, UPC PERU

Certifications

National Academy of Sports Medicine (NASM-CPT)
IFBB Advanced Bodybuilding & Fitness Specialist
CPR/AED- American Red Cross
Brazilian Jiu-Jitsu Black Belt

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)