FocusNYC

Joseph P.
BS, NCTSN

With experience training for sports such as track and field, football, and volleyball, Joseph has been a dedicated participant of the fitness industry for more than 10 years. This passion led him to pursue an education in the exercise science field and has helped him in his transition from athlete to personal trainer in recent years.

Joseph is a passionate individual that absolutely loves helping people not only realize their full potential, but doing so in a way that is actually enjoyable and life-long! He is dedicated to helping his clients through every step of their fitness journey, whether they are looking to lose body fat, gain muscle, or get stronger. With his expertise in human movement and strength and conditioning, clients can be assured that they are learning everything with proper form, aiding them in reaching their goals quickly and efficiently.

Education

B.S. Kinesiology, University of Illinois Chicago

Certifications

The National Child Traumatic Stress Network (NCTSN) - Psychological First Aid
The National Child Traumatic Stress Network (NCTSN) - Psychological Recovery
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)