FocusNYC

Kianna D.
BS, NASM-CPT

Growing up, Kianna participated in athletics such as soccer and basketball, but it wasn't until she discovered weightlifting that she fully developed a passion for health and fitness. Upon learning the benefits of working out and seeing how it improves one's well-being, she quickly realized that helping others accomplish their fitness goals was the career path for her. While in college, She prepared for and competed in three bodybuilding competitions through the National Physique Committee (NPC) and placed among the top 5 in each show.

In both gym and physical therapy settings, Kianna has experience working with men and women of diverse needs, ranging from 13 to 95 years old. This has given her the freedom to work with clients from both ends of the fitness spectrum: from just a few weeks post-op to those on a mission to deadlift 315 pounds. Whether your goal is post-rehab recovery, weight loss, or muscle growth, Kianna has the knowledge and experience to help you achieve your goal.

Kianna holds a Bachelor of Science degree in Exercise and Sport Physiology from Plymouth State University and is certified through the National Academy of Sports Medicine (NASM).

Education

B.S. Exercise and Sport Physiology, Plymouth State University

Certifications

National Academy of Sports Medicine (NASM-CPT)
CPR/AED- American Heart Association

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)