FocusNYC

Kolvin M.
FPTI, CPT

Kolvin Mena is a former Mixed Martial Arts instructor. After many years of teaching and competing, Kolvin realized that his passion for fitness was something he wanted to pursue as a career. It was then that he made the decision to enroll in Focus Personal Training Institute's ?600 Hour ?Personal Training Master Course. While attending FPTI, Kolvin studied Kinesiology, Biomechanics, Exercise Physiology, Program Design, Client Assessment, Nutrition and Bioenergetics, and Injury Prevention.

Since graduating from FPTI, Kolvin has dedicated himself to learning from others and enhancing his skill as a ?professional ?trainer and an athlete. ?Kolvin's mission is to emphasize the life-changing benefits that training can impart on anyone, no matter if they're an athlete, recovering from an injury, or working with a trainer for the first time.

Education

Focus Personal Training Institute Master Course (FPTI)

Certifications

National Academy of Sports Medicine (NASM-CPT) Pending
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)