FocusNYC

Luis T.
FPTI, MES, CFSC

A native of the Lower East Side, Luis is a life long athlete playing baseball and football, and participating in Martial Arts, eventually specializing in teaching Tae Kwon Do. After graduating High School, he found that he was able to combine his love of science with his competitive nature when he discovered the world of competitive strength training. Soon, many of Luis's friends and family noticed his impressive results and asked him to start training them. It was then that he decided to pursue a career as a Personal Trainer. As a graduate of Focus Personal Training Institute's intense 700-hour Master course, Luis prides himself on his dedication to education and high quality service and thrives the success of each of his clients.

Education

Focus Personal Training Institute Master Course (FPTI)
John Jay College
Suffolk Community College

Certifications

CFSC Certified Functional Strength Coach
ACE Certified Personal Trainer (ACE-CPT)
Medical Exercise Specialist (MES)
CPR/AED

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 by Joint Approach to Training (Mike Boyle, ATC)

Starting Strength (Mark Rippetoe)

Joint Friendly Strength Training (Nick Tominello)

Application of Tae Kwan Do to Training (Luis Tejada)

Fundamentals of Program Design for Golfers (Anthony Renna, CSCS, TPI)

Nutrition Facts and Fallacies (Meaghan Shea, MA, CSCS, MES, Brent Carter, BS, CSCS, MES, Vanessa Upegui, MES)

Lower Back Pain: Myths and Legends(Paul Ochoa, PT, DPT, OCS, LMT Chad Woodard, PT, DPT, ABD, OCS, CSCS)

Post Exercise Metabolism in Men vs. Women(Meaghan Shea, MA, CSCS, MES)

Muay Thai Techniques (Brandon Levi)

Strength Programs: Research Versus Practice (Meaghan Shea, MA, CSCS, MES)

Food and Nutrition, Eating Well Mindfully (Bridget Murphy, MS, RDN, CDN)

Orthopedic Aspects of Triathlon Injuries (Dr. Mark Klion, MD)

Motor Control and Power Lifting (Ryan Chow)

Movement Preparation for Squatting (Zeena Hernandez, PT, DPT)