

FocusNYC

Martine M. B.A., NASM-CPT

Martine is a vivacious and charismatic NASM certified personal trainer. She prides herself on being a well rounded instructor who utilizes many facets of fitness and cross training. Martine began her journey in fitness when she participated in dance as well as track and field. She instantly fell in love when she saw the positive impact it had on not only the physical aspects of her life, but also her mental health.

She is a graduate of New York University with a BA in Psychology. In addition to her certification with NASM, she is TRX suspension training certified and in the process of becoming a Behavioral Specialist. With her unique background and passion for fitness, Martine is more than ready to help a diverse range of clientele get into peak mental and physical shape. Martine is excited to be your force of motivation and inspire others to be proud of themselves as they reach each milestone.

Education

B.A.- Psychology at New York University

Certifications

National Academy of Sports Medicine (NASM-CPT)

National Academy of Sports Medicine Behavior Change Specialist (NASM-BCS)

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)

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