FocusNYC

Michael D.
MS, CPT

A 20-year veteran of the fitness industry, Michael received his undergraduate degree in Sports Science and his Master's Degree in Athletic Training. While completing his Master's degree, Michael worked with Division 1 athletes in various sports and created training and rehabilitation programs for the athletes who sustained injuries during competition.

Michael brings a personalized style of training with a great attitude, proven experience, and work ethic. Having worked with clients in their teens to those in their 90's and older, Michael can confidently address any fitness obstacle that may come his way and has worked with a wide and diverse client population. He prides himself on preparation and results.

As a former sports performance coach, Michael is an expert on athletic development and pre/post-rehab protocols. But over the last decade, as he worked with a wider population of clients, Michael came to enjoy helping everyday people from different fitness levels move, look and feel their best.

Education

B.S Athletic Training- Long Island University
M.S. Sports Sciences- Long Island University

Certifications

CPR/AED Professional Rescuer Certified
World Instructor TrainingSchool-Certified Personal Trainer
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)