FocusNYC

Michael G.
NASM-PES, MES, FNS

Mike is a native of Lowell, MA and has known since high school that he wanted to pursue a career in personal training. He started playing baseball and running track when he was 10 years old, and immediately discovered his love for fitness. Shortly after graduating from Lowell High School, he started his first personal training job and earned his CPT from the National Academy of Sports Medicine (NASM). After a few years at a local gym, he took his love for his work and his clients into his own hands and opened a business outside of Boston. Over the years, Mike has helped clients achieve a multitude of goals – including weight loss, strength, muscle gain and sports-specific training – by providing the necessary knowledge and motivation to make lasting lifestyle changes.

Mike strongly believes that working out should be fun but also challenging. When you give him your goal, it becomes his goal, too – and he does everything possible to make training a fun and challenging experience. For his own leisure, he loves practicing what he preaches by working out and trying different healthy restaurants and foods. He also loves to travel. Mike's goal in the fitness industry is to learn as much as he can about the human body and use both science and his own experience to help people improve their lives.

Certifications

National Academy of Sports Medicine (NASM-CPT)
Performance Enhancement Specialist (NASM-PES)
AAHFRP Medical Exercise Specialist (MES)
Fitness Nutrition Specialist (NASM-FNS)
International Sports Conditioning Association (ISCA) Kickboxing
CPR/AED Certified - American Heart Association
Pre/Post Natal Exercise

Continuing Education

Focus Integrated Fitness Journal Reviews: Monthly review of topics relating to current fitness trends, strength and conditioning, exercise physiology and medical journals.

Joint by Joint Approach to Training (Mike Boyle, ATC)

Starting Strength (Mark Rippetoe)

Joint Friendly Strength Training (Nick Tominello)

Assess and Correct (Eric Cressey, Bill Hartman, Mike Robertson)

Speed, Agility and Quickness for Sport and Life (Nick Gehling, MES, CPT)

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

Effects of Coaching Style on Performance (Meaghan Shea, MA, CSCS, MES)

The Use of ART in Movement (Dr. Andrew Park, DC, MS, MSLAc)

Polar Technology and Heart Rate Variability in Training (Dave DiFabio, MA, CSPS, CSCS, USAW)

Programming Options for Strength (Chris Kelly, M.S., CSCS, NKT)

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

Scoliosis and Schroth (Ariel Flug, PT, DPT, BSSPT)

Regnerative Sports Medicine, and Spinal Care (Nick Beatty, MD)

Motor Control and Power Lifting (Ryan Chow)

Low Impact Training for Sedentary Populations (Will Brown)

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