FocusNYC

Michael W.
ACE- CPT, FRCms, PPSC, PN-1

As a Boston native, Michael found fitness through his own weight loss journey and struggles with mobility. This experience motivated him to help others facing similar challenges, and he developed a passion for fitness along the way. He became a personal trainer specializing in weight loss, corrective exercise, strength training, mobility, and posture improvement.

Michael is certified by the American Council on Exercise as a personal trainer and also holds certifications as a Pain Free Performance Specialist, a Functional Range Conditioning Mobility Specialist, and a Precision Nutrition level 1 Coach. He is completing his bachelor's degree in exercise health science at the University of Massachusetts, Boston.

Education

BS, Exercise Health Science, University of Massachusetts- In progress
A.S Exercise Science, Quincy College

Certifications

ACE Certified Personal Trainer (ACE-CPT)
Functional Range Mobility Specialist (FRCms)
Pain-Free Performance Specialist (PPSC)
Precision Nutrition Level 1 (PN1)
CPR/AED Certified

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)