

# 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)