FocusNYC

Mike H.
BS, CSCS, FRCms, USAW

Mike is a Certified Strength and Conditioning Specialist (CSCS) and Certified FRC Mobility Specialist (FRCms). He has extensive experience working with youth and elite-level athletes across multiple sports and training the general population. He has previously coached at four Division 1 institutions (Harvard, Fordham, Boston U, and Manhattan College) and comes to Focus from the Boston Red Sox organization.

During his two seasons there, Mike served as a Strength & Conditioning coach and was tasked with developing the organization's youngest and brightest draft prospects. His extraordinary experiences and passion for the field make him an excellent choice for anyone looking to improve their performance and quality of life.

Education

B.S. - Health Science, Boston University

Certifications

NSCA Certified Strength and Conditioning Specialist (CSCS)
Certified FRC Mobility Specialist (FRCms)
USA Weightlifting Level 1 Coach (USAW)
Exos Absolute Speed
US Safesport Trained
Adult First Aid/CPR/AED

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)