FocusNYC

Mitch B.
BA, NASM-CPT, RTS

Mitch developed a passion for
fitness at a young age, playing both high school and collegiate football. While working as a personal trainer, Mitch then competed as a

With a bachelor's degree from the University of Rochester, Mitch’s commitment to education is evident with multiple certifications th

Twenty years of industry experience as a personal trainer, manager and director has given Mitch the credible insight and skills needed

Education

B.A. - University of Rochester

Certifications

Resistance Training Specialist (RTS)
National Academy of Sports Medicine (NASM-CPT)
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)

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

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