

FocusNYC

Mitchel R. FPTI

A native New Yorker from Queens, Mitchel started his athletic career at the age of five when he fell in love with football. This sparked a passion and fueled an athletic career that lasted throughout his High School education where he lettered, participating in wrestling, football, baseball, track and field.

Upon graduating, Mitchel became an Infantryman in the US Army, quickly excelling to the rank of Sergeant. During this time, Mitchel was recognized as Soldier of the Month and Quarter where he mastered his skills in motivation, determination and dedication. While in the military, Mitchel also led all physical training activities and is highly trained in army combatives which includes a combination of Mui Tai and Brazilian jui jitsu. Furthermore, Mitchel has earned many awards in top soldier competitions, gaining further recognition for his physical excellence and leadership skills.

After leaving the military, Mitchel continued to train and participate in charitable athletic events such as the warrior dash and various runs. Looking for a career that would fuel his passion for fitness, Mitchel enrolled in the 700 Hour Focus Personal Training Institute Master Course, one of the most rigorous personal training programs in the country where he graduated at the top of his class.

Mitchel is an expert in strength training and has extensive background in program design. His specialites include endurance, agility, conditioning, and plyometric training. With his ?never quit? positive attitude, and attentive coaching style, Mitchel has helped each and every one of his clients achieve success.

Education

Focus Personal Training Institute 700 Hour Master Course (FPTI)

Certifications

CPR/AED Certified - American Red Cross
Pre and Post Natal Certified- Annette Lang

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)

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

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

Olympic Lifting & Client Application (Liz Cavanaugh, Angelica Virga)

Motor Control and Power Lifting (Ryan Chow)

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