

# FocusNYC

## **Mitchell B.** **BA, NASM-CPT, RTS**

Mitch is the Personal Training Manager at Focus. Born and raised in Pennsylvania, he developed a passion for sports and fitness at a young age, playing both high school and collegiate football. While working as a personal trainer, Mitch then competed as an INBF natural bodybuilder and went on to train a variety of athletes in numerous sports.

With a bachelor's degree from the University of Rochester, Mitch's commitment to education is evident with multiple certifications through the National Academy of Sports Medicine (NASM) and as a Certified Resistance Training Specialist (RTS).

Twenty years of industry experience as a personal trainer, manager and director has given Mitch the credible insight and skills needed to lead the Focus teams and to provide the best possible client experience. Most importantly, Mitch uses his knowledge to empower those around him. He creates a culture that understands that self-progress begins with self-preservation. His inclusive, supportive management style allows him to lead, develop, and mentor the entire team at Focus.

### **Education**

B.A- University of Rochester

### **Certifications**

Resistance Training Specialist (RTS)  
National Academy of Sports Medicine (NASM-CPT)  
Functional Movement Assessment (NASM)  
Youth, Elderly, and Pre/Post natal populations (NASM)

### **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 Tumainello)

**The Use of ART in Movement** (Dr. Andrew Park, DC, MS, MSLAc)