FocusNYC

Ramel B
FPTI, NASM

Born in Virginia, fitness has always been in Ramel's life starting from his first pull-up bar in middle school, wrestling in high school, and now corrective exercise, strength training and performance based program design. As a personal trainer, Ramel uses his individual dedication to his own workout routine to motivate and inspire others to reach their goals – including strength, weight loss or simply feeling better overall.

A graduate of Focus Personal Training Institute, Ramel studied Kinesiology, Biomechanics, Exercise Physiology, Program Design, Client Assessment, Nutrition, Bioenergetics, and Injury Prevention. Ramel remains motivated to learn and is continually expanding his knowledge in the fitness industry. Proud to call FocusNYC his home in the fitness industry, Ramel shares the company's core values of education and professionalism – which he brings to every session with his clients.

Education

Focus Personal Training Institute (FPTI)

Certifications

CPR/AED Certified
National Academy of Sports Medicine (NASM-CPT) Pending

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)