FocusNYC

Ray G.
FPTI, NSCA-CPT (Pending)

A Bronx native, Ray developed a competitive spirit at a young age. Raised with three brothers, Ray's competitive nature sparked a passion for athletics that lasted throughout high school. Upon graduating, Ray enlisted in the US Army, quickly excelling to the rank of Sergeant. It was during this time that Ray discovered a passion for boxing, CrossFit and leading others, which he pursued through his military career.

After leaving the Army, Ray continued to pursue a career in boxing, making it all the way to the Olympic trials. As a well-rounded athlete, Ray also began to seriously explore strength training, power development, and injury prevention. Realizing that his passion for fitness was something he wanted to pursue as a career, Ray enrolled in Focus Personal Training Institute’s ?600 Hour ?Personal Training Master Course. Since graduating from FPTI, Ray has dedicated himself to learning from others and enhancing his skill as a ?professional ?trainer and an athlete.

Ray’s mission is to emphasize the life-changing benefits that training can impart on anyone, no matter if they're looking to get stronger, recover from an injury, or work with a trainer for the first time.

Education

Focus Personal Training Institute Master Course (FPTI)

Certifications

National Strength and Conditioning Association (NSCA-CPT) Pending
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)