FocusNYC

Rebecca M.
FPTI, MES, NASM-CPT

Rebecca began her own fitness journey at a young age where she dedicated herself to the gym and lost 60 pounds on her own. She then began helping her friends and family live healthier lives. This included helping them inside the gym and to make healthier food choices. Rebecca knew that she wanted a career where she could help inspire others to be better. This underlying passion for fitness led her to the Focus Personal Training Institute where she studied exercise kinesiology, biomechanics, exercise physiology, assessment, program design, nutrition, and injury prevention.

Rebecca's passion for health and fitness keeps growing. She is very excited to inspire others to live healthy and balanced lifestyle, get stronger and understand the importance of self-care. Rebecca believes there is always more to learn, and she plans to continue to educate herself, and is more motivated to become the version of herself possible. Her goal is to show people that they are capable of anything they set their minds to, so long as they show up, put in the work, stay consistent, and of course, love themselves through the process!

Education

Focus Personal Training Institute Master Course (FPTI)

Certifications

National Academy of Sports Medicine (NASM-CPT)
Medical Exercise Specialist (MES)
Annette Lang Pre-Post Natal
Strong First Level 1 Kettlebell Instructor (SFG Level I)
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)

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