

FocusNYC

Ryan F. A.A., NASM-CPT

A native of New York, Ryan has participated in sports since childhood with his main focus being Track and Field. During his senior year Ryan would just miss out on State Qualifications by a narrow margin, and this is what made him determined to improve his athletic performance. At 6'2 and weighing only 135lbs, he decided he would improve not only his athletic performance, but his quality of life as well. Along his fitness journey, he discovered that he had many problematic postural problems that inhibited his performance. Working through these issues allowed Ryan to better understand the basics of kinesiology. This was when he discovered that what he was studying in college (Computer Science) was not his passion, but rather fitness and its applications to increase one's quality of life.

Ryan started his fitness career teaching kickboxing in Queens, NY. Not only was Ryan teaching the skill of kickboxing, but also worked to improve his client's cardio and strength. During this time Ryan was gaining experience and knowledge, but he craved more. He then went on to obtain his personal training certification from the National Academy of Sports Medicine (NASM). While building his skill set by successfully working with a wide range of clients on the athletic spectrum Ryan also built strong relationships with his clients. Ryan is passionate about improving his client's quality of life especially those with debilitating postural problems. Having experiencing this first hand Ryan wants to share skill set with others to allow them to have the same relief that he has achieved.

Education

A.A. - LaGuardia Community College

Certifications

National Academy of Sports Medicine (NASM-CPT)

CPR/AED

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)

The Mind Diet (Cori Cohen, RDN)

Orthopedic Aspects of Triathlon Injuries (Dr. Mark Klion, MD)

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)

Low Impact Training for Sedentary Populations (Will Brown)

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