

FocusNYC

Samantha K. MS, FPTI, CPT

Samantha is a born and bred New Yorker, hailing from Brooklyn. She discovered her passion for fitness during her time in the US Air Force. As a soldier, Samantha found herself surrounded by a culture that promoted strong physical health and wellness. After the Air Force, Sam continued to explore new ways in which she could develop her physical fitness and help others. She attended Chamberlain College of Nursing and graduated with a Master's Degree in Science. Her background in medicine and preventative care fitness, along with the discipline she attained during her time in the Air Force, has prepared her to take the next step into personal training.

Samantha is CPR/AED-certified and is currently pursuing her NSCA certification. She's a recent graduate of the prestigious 600-hour Personal Training Master Course at Focus Personal Training Institute. Samantha's number one goal as a personal trainer is to help others become better versions of themselves inside and out

Education

Master of Science, Nursing
Focus Personal Training Institute Master Course (FPTI)

Certifications

Les Mills Bodypump Certification
Advanced Cardiac Life Support (ACLS)
CPR/Basic Life Support (BLS)
Family Nurse Practitioner Certification

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)