

# FocusNYC

## Timothy C.

### FPTI

Growing up in northern New Jersey, Tim always competed against some of the best athletes in the country. As a result, he quickly learned that discipline, perseverance and intelligent training were absolute necessities to succeed in sports, academics and life. By ingraining these principles into his training and studies, Tim obtained a black belt in Tae-Kwon-Do and led his track team to a state championship. He was later awarded an appointment to the United States Military Academy at West Point.

At West Point, Tim established himself as one of the top cadets at the Academy, helping to push and train his peers to score higher points on the Army Physical Fitness Test (APFT). In learning how to most effectively program workouts, Tim quickly fell in love with the process of physical growth as a means to help others reach their goals.

With his passion for physical fitness and a drive to better understand the human body, Tim decided to leave the Academy to pursue a career in medicine. During his semester off, he enrolled in the 700-hour Master Course at Focus Personal Training Institute to learn foundational exercise science and advanced concepts in personal training. He finished the course at the top of his class and was immediately hired as a trainer at Focus, where he had also completed his internship.

In addition to working as a trainer, Tim also attends New York University as a pre-med student and hopes to attend medical school in the near future. In whatever spare time he has, he dedicates his time and energy to the sport of powerlifting. In his first USA powerlifting meet, he placed third in the New Jersey State Championship to establish himself as one of the best junior lifters in the state.

As a competitive powerlifter, Tim has a complete understanding of the strength lifts (squat, bench, deadlift). He enjoys hybridized programming, however, combining strength training with

various other physical disciplines ? such as endurance and agility ? to help his clients achieve a well-rounded level of fitness.

## **Education**

Focus Personal Training Institute Master Course (FPTI)  
B.S. ? Science and Technology Studies, NYU (Current)

## **Certifications**

CPR/AED Certified - 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 Tominello)

**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)