

FocusNYC

Kiki A. **FPTI, NASM-CPT**

A New York native, Kiki firmly believes that mental, physical, and emotional health are all tied together and work in unison to create and maintain a whole and happy person. Her commitment to health and fitness was truly realized during the Covid-19 pandemic when she took her knowledge of healthier living, nutrition, and fitness to a higher level.

Fascinated by the science behind fitness, Kiki ultimately decided to enroll in Focus Personal Training Institute's 600-hour personal Training Master Course. Kiki spent the next six months immersing herself in the field of Personal Training, studying the foundations of exercise science, injury prevention, program design, and nutrition.

She is a trainer that embodies the term resilient and understands the value of authenticity, hard work, and integrity. Her goal is to bring the "personal" back into Personal Training by motivating clients to surpass their health/fitness goals, no matter what obstacles they face. Focus clients can be confident that Kiki will deliver an empathetic and realistic experience through a professional lens. ating clients to surpass their health/fitness goals, no matter what obstacles they face. Focus clients can be confident that Kiki will deliver an empathetic and realistic experience through a professional lens.

Education

Focus Personal Training Institute Master Course (FPTI)

Certifications

National Academy of Sports Medicine (NASM-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)