

# FocusNYC

## Mitch B. BA, NASM-CPT, RTS

Mitch developed a passion for fitness at a young age, playing both high school and collegiate football. While working as a personal trainer, Mitch then competed as a

With a bachelor's degree from the University of Rochester, Mitch's commitment to education is evident with multiple certifications through

Twenty years of industry experience as a personal trainer, manager and director has given Mitch the credible insight and skills needed

### Education

B.A. - University of Rochester

### Certifications

Resistance Training Specialist (RTS)  
National Academy of Sports Medicine (NASM-CPT)  
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 Tumminello)

**Assess and Correct** (Eric Cressey, Bill Hartman, Mike Robertson)

**Joint by Joint Approach to Training** (Mike Boyle, ATC)