

INTERVAL AND FUNCTIONAL TRAINING

IMPORTANCE OF INTERVAL AND FUNCTIONAL TRAINING

The importance of Interval and Functional Training, including demonstration and various interactive exercises. Will also address how interval training can truly benefit an athlete combined with isokinetic equipment.

Sean McCaffrey and Brian Corbo
VERT Fitness Jericho

Sean McCaffrey received his BS degree in Athletic Training from Boise State University. While in the program he worked directly with Division I collegiate athletes from Boise State Football and Basketball teams. He also worked with women's gymnastic and golf squads.

After completing the National Athletic Training Assoc. Board of certification exam he obtained his Personal Training Certification through the National Academy of Sports Medicine.

As Manager of VERT Fitness Jericho Sean brings critical experience in Fitness, Sales and Operations Management from his tenure at large scale health clubs.

Brian Corbo brings his years of playing and coaching experience to VERT Fitness Jericho. As Fitness Manager and a Certified Personal Trainer, Brian uses his athletic background to offer a unique perspective on how to work-out and make fitness part of your life. He is currently pitching coach for Adelphi Baseball team and held similar positions at Glen Cove High School and Virginia Wesleyan College.

In 2002 he signed a professional contract with the Albany Colonie Diamond Dogs and has pitched in the Coastal Plains Collegiate Summer League for the Outer Banks Daredevils, compiling a record of 5-0.