



Focus On Fitness, Strength And Injury Prevention

Former NBA Trainer Challenges Convention With Holistic, Total-Wellness Approach

A strong desire to help athletes — regardless of level of activity — inspired Yusuf Boyd to launch the BIOMechaniks revolution. By focusing on the internal and external forces that affect performance, health and wellness, BIOMechaniks puts the principles of science into action with an emphasis on holistic, total wellness.

Personal Training

Cycling

Athletic Performance

Sports Medicine

Corrective Exercise

Youth Athletic

Development

Injury Prevention

Rehabilitation

“An individual should be able to do whatever they want physically in a safe environment without pain and discomfort,” Yusuf says. “We help people achieve just that and we make them faster and stronger as well.”

The BIOMechaniks client list is varied with one constant — those who take athleticism seriously and embrace wholesale wellness. Professional athletes Leon Washington of the New England Patriots and Cliff Avril of the Seattle Seahawks are BIOMechaniks clients, as are rising student athletes, avid cyclists, runners and those looking to make a positive commitment to improved health and fitness.

The appeal of BIOMechaniks lies in its deceptive simplicity: Assess what is causing a problem or keeping an athlete from peak performance, address it holistically and change a life. The BIOMechaniks team customizes performance training programs based on the specific demands of the sport clients play, helping identify and address limiting factors all in an effort to maximize performance.

Working as an athletic trainer in the National Basketball Association for the Memphis Grizzlies served as the genesis of BIOMechaniks for Yusuf, who opened his first studio in 2010 in Memphis, focusing on empowering clients, instilling self-esteem, pride, and putting clients on a lifelong path to success. The wild success and momentum of the first studio led to the opening of a second location in Charlotte in 2013.

The BIOMechaniks team challenges convention and redefines ideals of personal training, cycling, performance, sports medicine, and rehabilitation while maintaining an unparalleled level of customer service.

“Our goal is to get you pain-free if you have any, then we proceed toward making you as lean, strong or as fast as you want to be,” Yusuf says. “It all starts with taking into account your specific individuality: when it comes to physical fitness, you cannot generalize.”

For more details, visit biomechaniks.com



Yusuf Boyd, M.S., ATC, LAT, CKTP

BIOMechaniks Founder

The science of sport and a passion for biomechanics have driven Yusuf Boyd throughout his life and taken him to the National Basketball Association and beyond.

A graduate of Mississippi State University (BS in Fitness Management), Yusuf earned his Master of Science Degree in Human Kinetics from University of Wisconsin-Milwaukee, focusing in Psychology/Sociology of Sport and Physical Activity. While at UWM he completed the Athletic Training Education Program, which is certified by the Commission on Accreditation of Athletic Training Education.

Yusuf put that education to good use as an assistant athletic trainer, spending five years with the Memphis Grizzlies in the National Basketball Association.

Looking to make a change, Yusuf opened the first BIOMechaniks studio in Memphis in 2010. A second location in Charlotte followed in 2013.

The best part of his job at BIOMechaniks? “Helping people,” he says. “That is why I do what I do.”

“There is no better feeling than when you have helped someone overcome something they have been dealing with for a long time or have been told they would never be able to do again, and you help them change that,” he says. “That is what makes what I do not feel like a job and I love it.”

Yusuf is a Master Instructor for the National Academy of Sports Medicine, a global leader in providing evidence-based certifications and advanced credentials to health and fitness professionals. He travels the country teaching other allied health and fitness professionals the NASM curriculum.

He is also a member of Kappa Alpha Psi Fraternity, Inc. and an eight-year veteran of the Army Reserves.

A self-proclaimed “car guy” and avid cyclist, Yusuf enjoys cooking and spending time with his family at their home in Charlotte.

CERTIFICATIONS

National Athletic Trainers Association

Athletic Trainer,
Certified

Tennessee Board of Medical Examiners

LAT

North Carolina Board of Athletic Trainer Examiners

LAT

Kinesio Taping® Association

International
Certified Kinesio
Taping Practitioner

National Academy of Sports Medicine

CES

National Academy of Sports Medicine

PES

National Academy of Sports Medicine

CPT

Retül University

Retül Certified Fitter
USA Cycling Coach -
Level III