



TRACEY QUAST

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NASM-CPT, BRM, USAPL-CC
YMCA Certified Personal Trainer

Hometown:

Neillsville, WI

About Me:

Competitive powerlifter for 5+ years

Certifications:

NASM Certified Personal Trainer, Barbell Rehab Method (BRM) Certification, USA Powerlifting (USAPL) Certified Club Coach, RP Nutrition Coach - Level 1

Education:

Associates Degree in Business Management

Areas of Expertise:

General strength training with a powerlifting emphasis

Training Philosophy:

Resistance training should be a part of daily living at any age. We are not fragile; our bodies are meant to move!!

Favorite Quote:

"If you think lifting weights is dangerous, try being weak. Being weak is dangerous." – Bret Contreras, trainer and author

Favorite Exercise:

Squat

Least Favorite Exercise:

Core/Cardio

Fun Fact:

I did my 1st powerlifting meet in 2017 at age 49 as a new grandma, I am now a grandma of six