



NIK RASMUSSEN

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YMCA Certified Personal Trainer

Hometown:

Eau Claire, WI

About Me:

I was born and raised here in Eau Claire, went to Memorial High School, and have been coming to the Y for as long as I can remember. I became a Personal Trainer in 2016 and have been teaching High Intensity group ex classes for just as long. In my life outside of work I love doing anything outdoors. I spend most of my free time biking, hiking, fishing, camping, canoeing, and just sitting in the sun! It's also pretty tough to beat working out outside!

Certifications:

Foundations of Strength and Conditioning at the YMCA

Training Philosophy:

My training Philosophy is based around strengthening the body with foundational weightlifting, beginning with compound movements (squatting movements, hinges, pressing and pulling). There are a huge variety of exercises someone can do to accomplish that and there's always somewhere to start based off of one's own experience, mobility, and health. I'm also a huge fan of interval cardio, especially in the context of a Personal Training session with time limits. You can burn calories, strengthen your heart and lungs, increase your energy levels, and have fun in such a short time frame! At the end of the day it's all about reaching my clients goals and making sure people feel stronger, better and have a good time.

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EAU CLAIRE DOWNTOWN YMCA



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Areas of Expertise:

Strength/weight training, Athletic Enhancement

Favorite Exercise:

Barbell Squats! They're challenging, rewarding, work nearly all of your body and are a great foundation to strong movement.



Least Favorite Exercise:

Running. Despite the great benefits of steady state cardio, running and I have never gotten along. I'll take a bike any day!

Fun Fact:

I've been active and have done weightlifting since I was a teenager, but it wasn't until my girlfriend and I decided to start exercising together in 2016, that I started on my path to becoming a Personal Trainer and Group Exercise Instructor. You could say she was my first client!