



**MEET
BRITTAINY
STRENGTH COACH**

Certified Strength and
Conditioning Specialist
(CSCS)

What are your areas of expertise?

Strength Training, Powerlifting, Muscle Gain, General Fitness

What is the biggest obstacle you have had to overcome on your fitness journey?

Overcoming other people's criticisms about the way I look. Women don't need to fit into one box when it comes to what "fit" should look like. Strength and health come in all shapes and sizes.

What is your greatest fitness accomplishment?

Being one of the strongest female powerlifters in the state of California.

What are your goals as a coach?

Make the world a stronger place!

What is your regular fitness regime?

I usually lift (squat, bench press, deadlift, overhead press, row etc.) 5x a week for about 2 hours a day. This is pretty intense as I'm a competitive lifter and have built up the ability to train this way!

What is your fitness philosophy?

I believe every person possesses the ability to get stronger. Physical strength will help you in nearly every aspect of life and often also carries over into mental strength. I want to help everyone I meet become a stronger, more confident version of themselves.

Any fitness advice for someone reading this profile?

I studied Health, Exercise, and Sport Sciences in college for 6 years! At Humboldt State for my Undergrad Program and University of the Pacific in a Graduate program.

What is your favorite fitness quote?

Fitness comes in all sizes.

