

POLIQUIN

World Leader in
Strength & Health Education

Charles Poliquin is one of the most accomplished strength coaches in the world. He has designed workouts for Olympic medalists in 17 different sports, world record holders in 10 different sports, and professional athletes in the NBA, NFL, NHL, MLB, and UK Premier League. He has lectured or consulted for a variety of high-profile organizations such as the U.S. Secret Service, Walt Disney Corporation and the World Swimming Congress.

Poliquin has written 600-plus articles and 10 books. His works have been translated into 18 different languages, including: English, French, Chinese, Finnish, German, Italian, Czech, Slovak, Spanish, Japanese, Dutch and Swedish. His innovative work in strength training is frequently cited in peer-reviewed literature.



In January of 2009 Poliquin opened the Poliquin Strength Institute in East Greenwich, Rhode Island. The institute contains both a 5,200-square-foot teaching gym with the best equipment in the world and a 2,000-square-foot multimedia classroom. Coach Poliquin has certified coaches in 60 countries through his Poliquin International Certification Program (PICP), and many of his former students are continuing his legacy with their success in training Olympians and professional athletes. He is the inventor of the BioSignature Modulation Method, which has ascertained the relationship between body fat stores and hormonal profiles and which is the methodology to improve site-specific body composition.

CharlesPoliquin.com

Notable clients include:

Pierre Lueders, Olympic gold medalist and multiple World Cup medal winner in two-man bobsleigh
Al MacInnis, Olympic gold medalist; St. Louis Blues;
Norris Trophy winner; strongest slap-shot in the NHL
Edgar Martinez, one of baseball's highest ranked right-handed hitters
Adam Nelson, two-time Olympic medalist and world champion in shot put
Joe Nieuwendyk, Olympic gold medalist; Dallas Stars;
Conn Smythe Trophy winner; Stanley Cup winner
Dwight Phillips, Olympic gold medalist and world champion in long jump
Chris Pronger, Olympic gold medalist; Colorado and St. Louis Blues; Norris and Hart Trophy winner
Chris Thorpe, Olympic silver and bronze medalist, doubles luge

Media

Contributing Writer for:

- Arnold Palmer's Kingdom
- IronMan
- Muscle Insider

Featured in: Oxygen, ESPN Magazine, iForm, USA Today, Sports Illustrated, UK Men's Fitness, UK Men's Health, among others.

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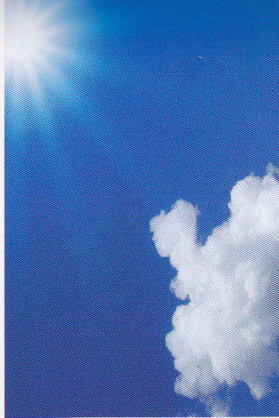
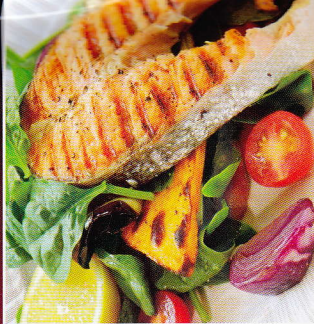
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BioSignature Modulation

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