



CHARLES POLIQUIN
Founder, Poliquin Performance Center

Charles Poliquin is a native of Ottawa, Canada. While completing graduate studies in Exercise Physiology in Canada, Charles began coaching athletes, a career move that has resulted in hundreds of medals, wins and personal bests of many elite athletes. He is known worldwide for producing faster athletes. When a country wants a Gold medal, they come to Charles.

Coach Poliquin has been hailed as the most successful strength coach in the world. He has spent years-researching European journals (he is fluent in English, French and German) and speaking to other coaches and scientists in his quest to optimize training methods. He has perfected the art of writing routines that produce results, and his books and courses are the culmination of his theories and knowledge.

Charles Poliquin has lectured extensively on practical and theoretical aspects of physical conditioning in eight different countries and in 3 different languages. Charles has also written over 500 articles for various web sites, magazines and journals. His work has been translated in 7 different languages. English, Swedish, German, French, Italian, Dutch and Japanese.

Applied Background:

Charles Poliquin is recognized as one of the Worlds most successful strength coaches, having coached Olympic medalists in twelve different sports including the US female track and field for the Olympics 2000.

His current clients include:

Al MacInnis, St Louis Blues, Norris Trophy winner, strongest slap-shot in the NHL
Joe Nieuwendyk, Dallas Stars, Conn Smythe Trophy winner, Stanley Cup winner
Chris Pronger, Colorado, St. Louis Blues, winner of Norris and Hart Trophy
Canadian short-track speed-skating team
Nanceen Perry, World Record Holder 4 x 200 m
Michelle Freeman, number 1 ranked hurdler in the World
Chris Thorpe, Olympic Silver & Bronze Medalist, Double's Luge

Athletes on Professional Teams which Charles correctly trains include:

Detroit Red Wings	Toronto Maple Leafs	Calgary Flames
Colorado Avalanche	Ottawa Senators	Chicago Blackhawks
St. Louis Blues	New York Rangers	New Jersey Devils
Montreal Canadians	New York Islanders	Florida Panthers
		Tampa Bay Lightning

World Championship medals in:

kayak	alpine skiing	swimming
judo	biathlon	figure skating
bobsleigh	power-lifting	speed-skating short track
luge	freestyle skiing	speed-skating long-track

Theoretical Background:

Author
B.Sc. Kinesiology
M.Sc. Exercise Physiology

Books Published:

Modern Trends in Strength Training
Winning the Arms Race
The Poliquin Principles
The German Body Composition
Manly Weight Loss

Multimedia Publications:

Poliquin Power! Audio Series

Writer of the foreword on the upcoming UNICEF fundraising recipe book which include recipes of Canada's Olympic athletes like Myriam Bedard, Jean-Luc Brassard.
International lecturer in practical and theoretical aspects of physical preparation (more than 190 conferences since 1985).