



## CHARLES STALEY

**CHARLES STALEY** is known as the “**SECRET WEAPON**” by his Olympic and Professional athletes for his ability to see what other coaches miss. When the elite of the sports world want innovative, “out-of-the-box” solutions in their quest to reach World-class levels of performance, they come to Charles.

Charles then takes his hands-on experience with World class athletes and turns these proven and tested techniques into real-World experiences for everyday gym goers and fitness buffs. Through the Internet, printed books, audio and video programs, Charles is able to help thousands in their quest for performance optimization and physique transformations.

### DEGREES, TITLES

- **B.Sc., SPORT SOCIOLOGY, STATE UNIVERSITY OF NEW YORK, ALBANY**
- **MASTER OF SPORT SCIENCES (MSS) INTERNATIONAL SPORTS SCIENCES ASSOCIATION (ISSA)**

“Exploiting The Opponent’s Weakness Starts With Identifying Your Own”





## INTERVIEWS

Coach Staley has been interviewed for a number of publications, including:

- **Powerathletesmag.com**
- **Testosterone.net**
- **Fightingarts.com**
- **Joe Polish (print and audio)**
- **TexasTodd.com**
- **Muscle Media (print and audio)**
- **www.NoBSAthleticSuccess.com**
- **www.BrinkZone.com**

## RECENT LECTURES/SEMINARS

Coach Staley is in high demand for his ability to render complex concepts understandable. A few recent highlights include:

- **Olympian's News Annual Convention, Bellaria, Italy.**
- **ISSA Italy Annual Convention, Bellaria, Italy.**
- **Cooper Aerobics Center, Dallas, Texas.**
- **2x+1 Superconference, Vancouver, Canada.**
- **Winnipeg, Canada.**
- **The Parisi Speed School, Fair Lawn, NJ (This facility prepares a large number of college and pro football players, as well as athletes from a number of other sports.)**
- **S.W.I.S Seminar.**

## INNOVATION

Charles has created/developed a number of innovative concepts, principles and products, including:

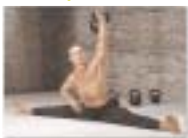
- **Project Management Paradigm (physical preparation)**
- **Convergent Phase Training System**
- **Training-Nutrition Manager Software**
- **Creator of the Escalating Density Training (EDT) System.**

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## TESTIMONIALS

See What **PAVEL TSATSOULINE** and Other Industry Insiders Have To Say About Charles Staley:



*“If you are serious about iron you owe it to yourself to learn from Charles Staley. His ideas are fresh, powerful, and to the point.”*

**PAVEL TSATSOULINE,**  
the author of *The Russian Kettlebell Challenge*



*“Charles’ training methods not only rapidly accelerate your skills and keep you in incredible shape, but more importantly he’ll actually cut your training time significantly while achieving these spectacular results. I found by working with Charles that my old methods of combining strength training and mat time produced limited results for the time spent. I have now cut my training time by almost 50%, yet I get more quality results using his training methods.”*

**TIM LARKIN, MSS**  
Creator of Target-Focus



*“You know the old cocktail party game where you’re stranded on a desert island and you’re asked which three books you’d choose to take along? Well, I’m stranded on a desert island—full of nothing but weights—and I’m asked which three strength coaches I’d take along. Well, no doubt about it, Charles Staley is one of the guys I’d pick. He’s super smart, super motivated, and super inventive. Put those three things together and you’ve got one helluva’ strength coach.”*

**TC LUOMA,**  
Editor-in-Chief, *Testosterone Magazine*



*“Charles Staley is one of the those rare trainers who combines the known science of resistance training (vs. inventing a theory based on nothing but wishful thinking), experience, and common sense, to formulate his recommendations for his clients. I put Charles in a very small group of trainers whose work and writings on the topic of exercise science is worth following. For people looking to get the optimal response from their hard work in the gym, his material is a must read.”*

**WILL BRINK,**  
[www.BrinkZone.com](http://www.BrinkZone.com)  
Columnist, industry consultant, and author of *Muscle Building Nutrition*.



*“Coach Staley is the real deal. There are few people whose advice related to physical fitness and sports conditioning I respect more than Staley’s. His smart, innovative programs are ahead of their time and produce serious results.”*

**DAVID KENNEDY**  
Former Editor-In-Chief, *Muscle media magazine*

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*“For many years Charles has been one of the leaders in the field of strength and conditioning for sport. His knowledge, proactive thinking, and his genuine need to share information is unique in this very competitive field”*

**LORNE GOLDENBERG**

Founder, Strength Tek Fitness & Wellness Consultants  
Ottawa, Ontario Canada



*“I have attended hundreds of seminars, and found that if you get just one new technique or concept, it was a success. A Charles Staley seminar does much more than that. Not only did I gain new techniques for my training arsenal, I adopted an entirely new philosophy of thinking.”*

**MARTIN ROONEY, MHS, PT, CSCS**

Member of the US Bobsled Team from 1995-1997 and 2000.



*“The sheer effectiveness and brutality of the EDT program does not come across in the written word. This is a TOTAL gym experience”*

**ALWYN COSGROVE, CSCS,**

Director, Cosgrove F.A.S.T Systems, Newhall, California.



*“Before I give my unequivocal endorsement of Charles Staley, I have to admit my bias. You see, Charles and I have been friends for the last few years and I respect him as a person just as much as I respect him as a professional. To this end, Charles is a humble and approachable man, a rarity in this industry, and as I watch him interact with myself and with his clients, it's clear that his success in training and in life is generated from a combination of humility and a keen eye for fixing problems that others don't even recognize as problems. With his intelligent and innovative ways of looking at strength training, Charles will radically alter they way you work out, altering, along the way, what you thought was possible. As a result of the articles and seminars that Charles prolifically produces, I've changed the way that I train my clients. Whether you're a trainer or a trainee, Charles' advice will make you better too!”*

**JOHN M BERARDI, BSc, CSCS,**

PhD Candidate

University of Western Ontario, London Ontario Canada

President Science Link, Inc. - Translating Research Into Results

President [www.JohnBerardi.com](http://www.JohnBerardi.com) - Human Performance and Nutrition Consulting

Berardi says:

*“However beautiful the strategy, you should occasionally look at the results”*

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## CLIENTS

Although many of Coach Staley's most notable clients have requested confidentiality agreements to protect their competitive edge over their opponents, a few of his better-known success stories that he can talk about include:



### GEA JOHNSON

In the heptathlon event in Track & Field, Gea was ranked #2 in the US. Gea was also a US National Champion in Olympic weightlifting, and under Coach Staley's supervision, she won the 2002 Olympic Trials (breaking the Park City track record in the process) in the sport of Bobsleigh.



### JOHN LEWIS

John is one of the best-known and most successful competitors in no-holds-barred martial arts competition.



### DIANA FUHRMAN

Diana is a 6-time national Champion in the sport of Olympic weightlifting as well as national Champion in the sport of Powerlifting.



### MIRIAM POWER

1996 Jr. Pan Am Games, 1995 Jr. Open Winter Games Champion, 1996 Jr. Canadian Champ & overall lifter, 1995-6 Jr. & Open B.C. Provincial Champion.

### JONATHAN EDWARDS

Jonathan was a fourth-place finalist in the Nagano Olympics in the sport of luge.

### GREG HAUGEN

World Champion Professional Boxer: Coach Staley consulted to Greg's conditioning staff

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