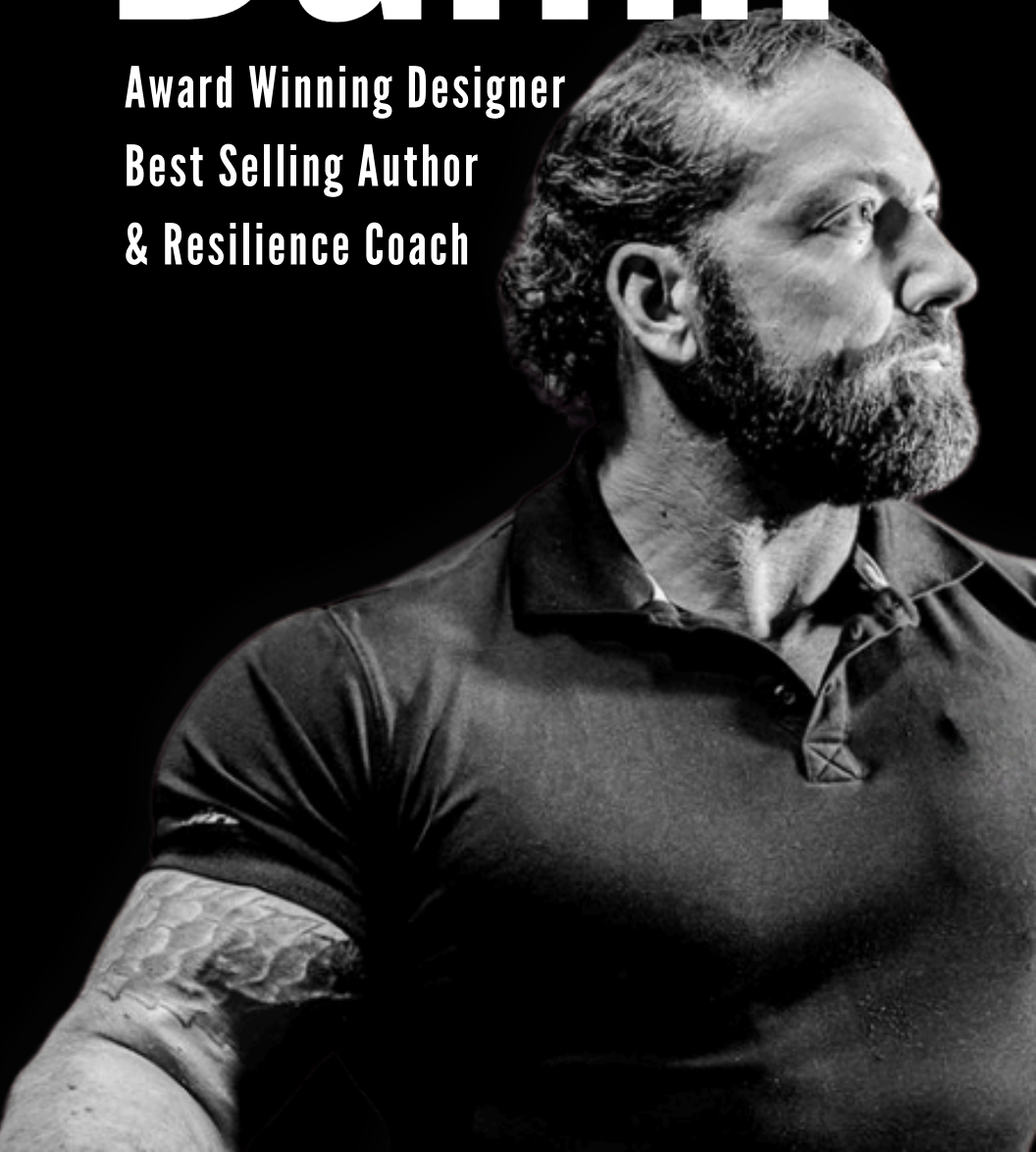


Chris Duffin

Award Winning Designer

Best Selling Author

& Resilience Coach



Real Impact Real Connection

Chris Duffin is a living testament to resilience, strength, and transformation. His unique approach blends raw authenticity with powerful storytelling, drawing from a life that has traversed homelessness, elite athleticism, and groundbreaking business ventures.



Keynote Speaker

Capitol Police & DC Firefighters

Speaking on resilience under pressure, leadership in crisis
and the mental fortitude required in high-stakes environments

UC Berkeley Workshops on Resilience

Equipping students and faculty with the tools to overcome adversity
redefine personal limits and build mental toughness

Podcast & Media Features

A sought-after guest featured on [Lex Fridman](#), [Thomas DeLauer](#), [Mikhaila Peterson](#)

Featured in publications [Forbes](#), [Muscle and Fitness](#), [Men's Health](#) and [Business Insider](#)

Design Your Own Reality

Chris Duffin's story isn't just about overcoming adversity. It's about breaking cycles, pushing scientific boundaries, and forging a path where none existed before.



Engineered for Success

Escaped generational poverty to earn an MBA and become a top business leader

Founded industry-defining companies in strength training, sports therapy, and human performance

Pioneered cutting-edge rehab by merging engineering, biomechanics, and movement science

Advancing Human Performance & Recovery

Leading peptide & regenerative protocols for faster healing and longevity

Innovating neuromuscular activation for strength, flexibility, and injury prevention

Developing breakthrough rehabilitative technologies used by elite athletes and professionals

World Records & Strength Feats

Guinness World Record – Lightest person to squat & deadlift 1,000 lbs

All Time World Record Holder in Powerlifting

One of the strongest pound-for-pound lifters ever, proving science + mindset = limitless potential

Lead Inspire Impact

Chris Duffin's impact extends far beyond the office or gym
He has built a global community of driven individuals
who refuse to settle.



Author & Thought Leadership

Bestselling Author of *The Eagle and the Dragon*

A gripping memoir that details his journey from adversity to leadership

Digital Reach - 700K+ followers across platforms    

Coaching & Consulting

Helping leaders, athletes, and high-performers achieve their full potential

Companies

Kabuki Strength – Pioneering strength training equipment

Bearfoot Athletics – Innovating in footwear for optimal movement and health

LiftLab App - AI powered strength training app