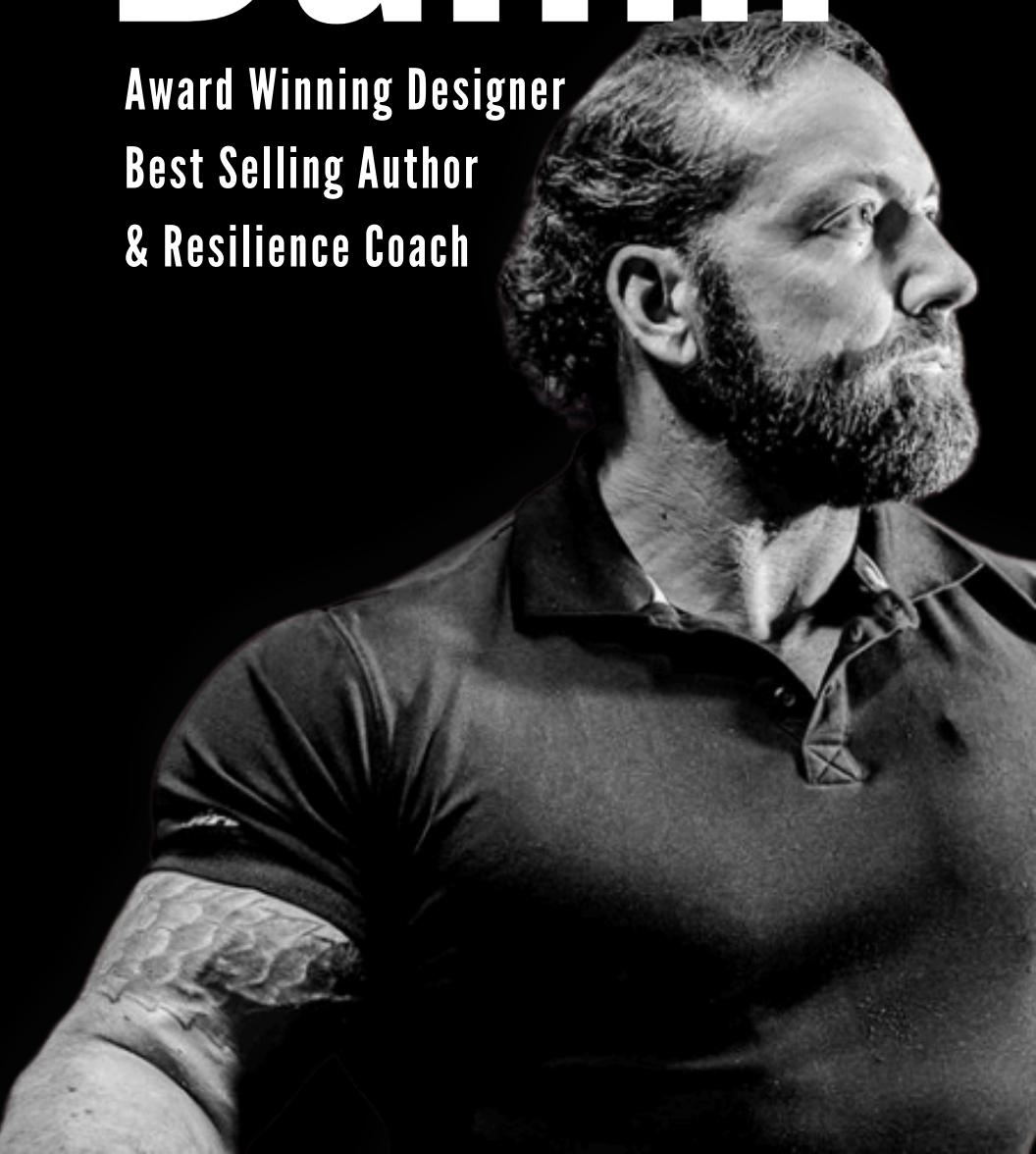


Chris Duffin

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

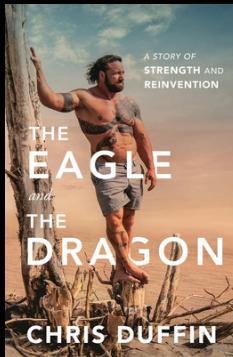
Guinness World Record – Lightest person to squat & deadlift 1,000 lbs

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