

# Derek Anthony Poundstone

1981-

*"No excuses."*

- Derek Poundstone

Adhering to his motto of "no excuses", Derek Anthony Poundstone has overcome herniated discs, torn tendons and a fractured back to become one of the strongest men on the planet. A three-time winner of America's Strongest Man title, Poundstone came within a whisker of capturing the title of the World's Strongest Man in 2008, when he lost the lead in the final event to the four-time defending champion, and finished second.

Poundstone was born into a military family at Mountain Home Air Force Base in Idaho on September 28, 1981, and lived the first ten years of his life in Spain and Italy before the family settled in Rapid City, South Dakota. It was there that he joined the local YMCA and began his lifelong passion for lifting weights. After moving to Waterbury, CT in 1999, he caught the attention of a local power lifting champion, who encouraged him to enter his first power lifting contest, which he won. He entered his first professional strongman competition in 2004 and has become the most decorated American strongman in the last four decades, winning five major strongman titles, all while working full time as a Naugatuck police officer.

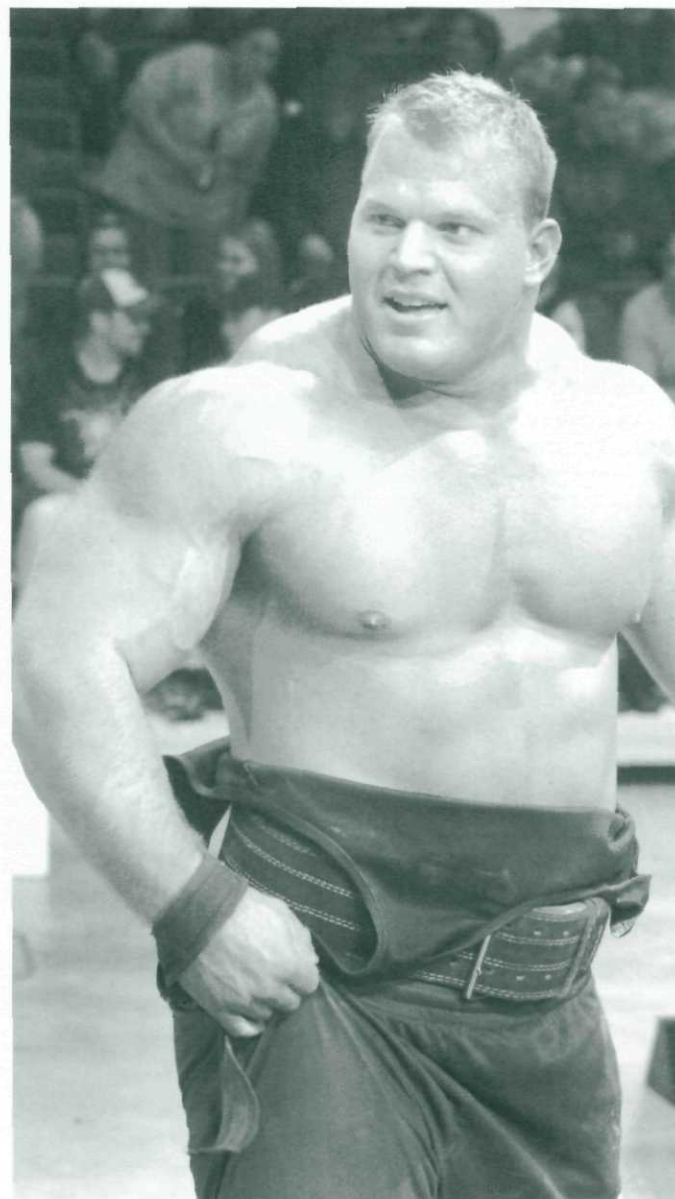
During Fortissimus, a grueling two-day strongman contest in Canada in 2008, Poundstone became the first man to lift the 517 lb Louis Cyr Stone, won first place and earned the title of the "Mightiest Man on the Planet". In winning the Fortissimus title, he became the first American to defeat Lithuania's Zydrunas Savickas, widely recognized as one of the greatest strongman athletes.

Poundstone won the Arnold Strongman Classic in Columbus, Ohio, in 2009 and 2010, the event that many strongman athletes consider to be the most prestigious title. He has won the Strong Man Super Series three times and the Giants Live title twice. In 2009 he was the #1 ranked strongman in the world. Of the twenty-six competitions he has entered, he has finished in the top three an amazing twenty-one times.

Poundstone is a very large man, 6'1", 320 pounds, but he's considered small by strongman standards. He regularly defeats men 6'8" and 400 pounds. "The cool thing about strongman is that you can take the biggest and strongest guy and put him under an 800 pound yoke and he can't move it," Poundstone said. "It's not all about size." Poundstone defines a strongman as the person "who can perform the most amount of work, in the most efficient way, in the least amount of time."

He currently holds the title of America's Strongest Cop and was named one of the twenty-five fittest men in the world by *Men's Fitness* magazine. He is one of the ten strongest men in the world.

He recently opened his own gym, The Poundstone Performance Training Center in Waterbury, where he works out an average of 15 hours a week. He hosts Poundstone Power Radio on Sirius Xm satellite radio and travels the world as a motivational speaker. In 2011 he was named the first-ever Global



Ambassador for the Law Enforcement Torch Run for Special Olympics. Some might think that genetics and large muscles are the key to Derek Poundstone's stunning rise to the title of America's Strongest Man. They would be wrong. While having a body like a rhinoceros is important, the secret to Poundstone's success is the strength of his mind. Every day in the gym he tortures himself by lifting more weights, more times, than anyone else on the planet.

"I obliterate myself in training," Poundstone said. "The competition is not as difficult as my workouts."