

License and Education:

Physical Therapist license by Physical Therapy Board of California, 2017

D.P.T., Physical Therapy, University of Southern California, 2017

M.S., Physiology, University of Arizona, 2005

- Dissertation: Skeletal Muscle Adaptations with Strength and Endurance Training

B.S., Exercise Science, Western Illinois University, 1997

Experience:

Owner, Chad Waterbury LLC, 1998-Present

- Performance Trainer for Athletes in NFL, NBA, MLB, NHL, UFC, Olympics

Director of Strength Performance, Rickson Gracie International Jiu-Jitsu, 2007-2009

Neurophysiology Research Assistant, University of Arizona, 2003-2005

Head Strength Trainer, Fitplex Chicago, 1998-1999

Publications and Advisor Roles:

Creator/Author, *Strength and Conditioning Specialist* certification course, International Sports Sciences Association (ISSA), 2019

Creator/Author, *Corrective Exercise Specialist* certification course, International Sports Sciences Association (ISSA), 2017

Author, *Huge in a Hurry*, Rodale Publishing, 2008

Author, *Muscle Revolution*, Self-Published, 2006

Advisor, *Men's Health* magazine, 2008-Present

Advisor, *Men's Fitness* magazine, 2001-Present

Speaking Engagements:

Presenter, National Strength and Conditioning Association, 2013-2014

Presenter, Perform Better, 2012