



One of the globe's most innovative fitness trainers, Chief travels the world each year finding and developing the most advanced and revolutionary sports science methods, concepts and equipment to add to his training arsenal.

Following two decades focused on producing high-intensity and cutting-edge fitness programs has lead Chief Brabon to become one of the world's most innovative, most renowned and highly respected fitness personalities.

Approaching training from a highly scientific Sports Conditioning ethos, Chief is renowned for developing and providing unparalleled fitness training to Tactical Athletes (including American SWAT officers, combat soldiers, special forces operators), sports stars and numerous A-list celebrities.

He has also personally pushed over 10,000 civilians to achieve their fitness goals.

What's more, Chief is also a true innovator, founding Australia's first civilian boot camp operator in 2001, now the largest in the Southern Hemisphere.

Chief can give the most hardened and conditioned SWAT & Special Forces guys a serious run for their money, having broken SWAT Team records... and endured a broken ankle during a SWAT test still achieving the second highest score.

A former infantry soldier, it was while training his fellow soldiers to undertake Special Forces selection that Chief discovered his passion for motivating others to push themselves beyond their mental and emotional barriers; a passion that forms the linchpin of his famous training technique.

But despite his demanding schedule, Chief remains actively involved in personally putting hundreds of civilians through their paces each and every week.

Just what you'd expect from a man who is driven by "the need to be challenged, and to challenge others."

Chief is recognised as one of the world's most qualified and highly respected fitness personalities.

One of the globe's most innovative fitness trainers, Chief travels the world each year finding and developing the most advanced and revolutionary sports science methods, concepts and equipment to add to his training arsenal.

For instance, Chief is the world's only Master Trainer in the Battling Ropes System, besides the program's creator, legendary strongman, John Brookfield. A training technique Chief bought to Australia in 2007.

Never one to rest on his laurels, and always vibrant with fresh ideas, the next six months is typically eventful for Chief. "I am completing a number of Tactical and Rescue specific courses including SWAT School, CERT School - the prison version of SWAT, and A-School - The Rescue Diver Training School," says Chief.

When at peak fitness each year, Chief can give the most hardened and conditioned SWAT & Special Forces guys a serious run for their money. While in Colorado Springs, he broke the local SWAT Team's record for a run dubiously

OFFICIAL BIO

CHIEF BRABON

dubbed The Incline. At only a mile long, it is so steep the SWAT record was 30 minutes (Chief made it in 28 minutes).

In constant search of the next challenge, Chief is looking to enter a few desert ultra-marathons next year and is considering taking part in a fundraiser where he'll drag a Land Rover over 10km.

There are few who can endure the intensity of an American SWAT selection test. Fewer still who can achieve the second highest score. And it's virtually unheard of to achieve this despite a broken ankle.

Never defeated, it's this hardened determination that's sets Chief apart.

QUALIFICATIONS

- Cert. Police SWAT Fitness Specialist
 - Only Non-American to hold this qualification. Only Civilian to hold this qualification
- Cert. Tactical Athlete Coach
 - Only Australian to hold this qualification. First Civilian to hold this qualification
- Cert. Tactical Strength Coach (RKC)
 - One of only two Australian's to hold this qualification. One of only two Civilians to be invited to attend workshop
- Cert. Lvl 1 RKC Kettlebell Coach
 - Trained by former Physical Trainer to the Russian Special Forces
- Cert. Hand to Hand Kettlebell Coach
 - One of only two Australian's to hold this qualification.
- Cert. Lvl 1 Crossfit Instructor
- Cert. CrossFit Kettlebell Coach
 - One of only two Australian's to hold this qualification.
- Cert. Battling Ropes Master Trainer
 - The world's only Master Trainer apart from the program's creator, legendary strongman John Brookfield.
- Cert. Group Fitness/ Gym Instructor
- Cert. Personal Training Instructor
- Cert. Fitness Master Trainer
- Cert. TRX Suspension Training Coach

CELEBRITY, FILM & TV EXPERTISE

Chief has trained numerous international and local A-list actors, musicians, elite athletes and personalities.

Film & TV training work includes:

Gladiators

Chief was head-hunted by Channel 7 and Endemol for the position as Head Strength & Conditioning Coach. He personally created the now infamous Gladiator Selection Test. "The test was so grueling that less than 10% of the more than 20,000 applicants who tried out made it past the first 5 minutes." Says Chief.

Wolverine

Chief put the Wolverine cast through Military Weapons & Tactics training, not fitness training, working with all the main characters except Liev & Hugh.

Television appearances includes:

Nerds FC (SBS); What's Good For You; TODAY Show; Sydney Weekender; Sunrise; Today Tonight; The Footy Show; The BBQ Challenge; and Hunt for a VJ. On Run For Glory (BBC1), 12 Brits were sent all the way to Australia to train with Chief for two weeks in preparation for the London Marathon.