

GAHAGAN STRENGTH

- Charr Gahagan has a tremendous background in strength and conditioning at the collegiate level and played a major role in the success of athletes and athletic programs.
- In the nine seasons he spent at the University of Southern California (USC), starting in 2001, Charr helped train 3 Heisman Trophy winners (Carson Palmer, Matt Leinart, and Reggie Bush) and was part of 2 national championship teams in 2003 and 2004.
- Adding to that was 7 top ten NFL draft picks, 14 first round NFL draft picks, and 30 All-American first team players.
- He also personally trained the Men's and Women's Waterpolo team who won 2 National Championships each.
- Added to the diversity of athletes and different sports, he trained the basketball team for 4 years, with 3 players drafted to the NBA.
- His many years of experience has also allowed him to work with teams and individuals in such sports as baseball, volleyball, powerlifting and golf.
- After his years at USC, his next move was to help rebuild the strength and conditioning program for the University of Washington football team, which started as an 0-12 team to now being Bowl Contenders.
- As a student-athlete Charr was a 3-time national collegiate champion powerlifter at Louisiana Tech University.
- As a professional powerlifter he was a 2-time USA Powerlifting National Champion.
- In 2004, he was ranked 3rd in the world in the 220lb weight class and named Powerlifting USA's California Athlete of the Year.
- He has a Bachelors Degree in Fitness and Wellness and a Masters Degree in Sports Science from Louisiana Tech University. He's also certified in CSCCa, Crossfit Level 1, and CPR. Charr now resides in Roanoke Tx. with his wife Brandy and 2 sons.

