

## **DONNIE THOMPSON**

South Carolina State Chairman

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**Donnie Thompson** works for Progressive Sports Physical Therapy in *West Columbia, South Carolina* where he is the Strength and Mobility Director for the 22 clinics statewide. Donnie ensures the implementation of strength in the physical therapy working with athletes and patients who opt for no surgery and patients post surgery. Many of the uses in his protocol include weights, Kettlebells, Jumpstretch bands and compression. Plus anything that works!! Donnie can be viewed performing advanced PT techniques on *YouTube* at **SuperDtv3000**. Donnie's gym is located at The Edge in Irmo, South Carolina where he trains athletes using powerlifting techniques to get them ready for any sport they play.

Donnie played football in the **Arena Football League** for 6 years. After his football career, he built and operated a commercial health club in the *Columbia, SC* area that he sold and is still operating today.

In 1998, Donnie started competitive **powerlifting** and has not turned back. He is the first human to ever total **3000 lbs.**! Donnie has **8 All-Time World Records** in professional powerlifting including three bench press records, two squat records and three total records! His **3000 lb.** powerlifting total still stands today.

*Pavel, Kelly Starrett, Dick Hartzell* and *Louie Simmons* have worked with Donnie personally in the past two decades. This led to his SHW victory at the 2005 Arnold Classic WPO Powerlifting Championships and **three All-Time totals** in 2008 and 2011, **2850 lbs., 2905 lbs.** and **3000 lbs.** respectively! Pavel and Louie were backstage when Donnie pulled the 821lb dead lift for the win at the Arnold in '05. Kelly worked with Donnie *one on one* prior to his World Record squat of 1260 lbs. and also the **3000 lb. total** in 2011.

Today Donnie has wrapped up his powerlifting career having accomplished his goal to hit the **3000 lb. total** mark. The knowledge he archived over two decades in Mobility and Strength have made it possible for him to continue lifting heavy and conquer his lifting goals.

Donnie developed the **South Carolina High School Powerlifting Association in 2012**. Currently, Donnie is the South Carolina State Chairman for the International Powerlifting Association (**IPA**). He is instrumental in expanding powerlifting in the South that will eventually feed National and World Level **IPA** competitions. This year alone he has two lifting inventions in the process of manufacturing, one awaiting patent. Donnie travels to many Universities and High Schools throughout the country teaching and sharing his Powerlifting, Kettlebell training, and Mobility work methods and experiences with football teams and coaches.