

BIOGRAPHY

Donnie Thompson

Donnie Thompson worked 6 years for Progressive Sports Physical Therapy in West Columbia, South Carolina. He was the Strength and Mobility Director for 21 clinics statewide. He ensured the implementation of strength and advanced rehabilitation techniques for physical therapists and assistants. He works 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. 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 which he sold and is still operating today. He was also in a feature film called, 'The Program' where he is on the college football team as #52 at center.

Donnie started competitive Powerlifting in 1998 and has not turned back. Donnie is the first human to ever total 3000 lbs.! Donnie earned 8-all time World Records in Professional Powerlifting including; 3 Bench Press records, 2 Squat records and 3 Total records!

His 3000 lb. Powerlifting total stood until August of 2013. Pavel, Kelly Starrett, Dick Hartzell and Louie Simmons have worked with Donnie personally over the past two decades. This led to his SHW victory at the 2005 Arnold Classic WPO Powerlifting Championships and 3 all-time totals in 2008 and 2011. 2850lbs, 2905lbs and 3000lbs respectively! Pavel and Louie were backstage when Donnie pulled the 821lb. deadlift 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 with the chase and success of the 3000lb total. His knowledge collected over two decades in Rehab, Mobility and Strength made it possible for him to continue with the heavy lifting to conquer these lifting goals. Currently, Donnie is the International Powerlifting Association's (IPA) South Carolina State Chairman helping Powerlifting grow in the South, eventually feeding National and World & Professional level competitions. Donnie has two lifting inventions in the process of being manufactured, one will be patented. Donnie travels to many Universities, High Schools and training facilities throughout the country teaching and sharing his Powerlifting experiences and training methodologies. He is in high demand for his rehab techniques and mobility work. Teaching eager trainers and coaches to help others increase sustained training performance from CrossFit to Football teams.



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