



Henri Skiba

New Jersey State Chairman

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Carteret, New Jersey, is home to Skiba's Gym – one of the last, true, hard-core gyms. Henri has been powerlifting for the past 45 years. He competed mostly in the IPA and won three World Championships in his age/weight category, as well as three World Records in his category. Henri is a friend and follower of the great Lou Simmons of Westside Barbell in Columbus, Ohio. Skiba's Gym is the only Westside-certified gym in New Jersey. From 1991-1994, Henri co-owned Powerhouse Gym in Rahway, New Jersey.

Henri worked as a Special Education Teacher for the Carteret Board of Education for 34 years, retiring five years ago to focus on Skiba's Gym. He is currently the Football Strength Coach at St. Joseph's High School, Metuchen, New Jersey.