

## SCOTT SONNON

FOUNDER, RMAX INTERNATIONAL  
CREATOR, CIRCULAR STRENGTH TRAINING®

Scott Sonnon is the founder of RMAX International and the creator of the Circular Strength Training (CST) System. A multiple-time USA National Team Coach, International Martial Arts Champion, Hall of Fame Inductee and Distinguished Master of Sport, Sonnon created a publishing firm named RMAX: "Reaching ou**R** **MAX**imum Together" 10 years ago.

CST is a "Prehab and Post-Rehab" health and fitness system that comprises pain-free mobility, dynamic flow yoga and natural athleticism. CST programs blend scientific concepts with physical training, nutrition, and dynamic mobility exercises. Focusing on prehabilitation rather than rehabilitation, CST provides preventative programs to circumvent future strains and pain as well as generative programs that refine individuals' lifelong natural athleticism.

A pioneer in fitness, Sonnon has studied the physics and philosophies of health for nearly 20 years. He has created exercise programs and equipment such as the Clubbell® and Mini-Clubbell. Sonnon's focus is always on strengthening the mind, spirit and body to achieve maximum health.

Sonnon has written numerous books, including:

- Prasara Yoga: Flow Without Thought, 2007
- The Big Book of Clubbell Training, 2006
- Three Dimensional Performance Pyramid, 2005
- Body-Flow: Freedom from Fear-Reactivity, 2004
- Clubbell Training for Circular Strength, 2003

Sonnon has also published hundreds of magazine articles and created more than 50 video programs geared toward a healthy mindset and lifestyle.

Sonnon served as an adjunct professor of physical education at Penn State University HACC Campus. Through his career, Sonnon has also served as:

- Health Advisor, Active Aging Conference Arnold Classic Fitness Expo
- Physical conditioning advisor, National Law Enforcement and Security Institute
- Combat Martial Art advisor, World Kettlebell Organization
- Vice President, American Amateur Sambo Federation
- Chairman, International Combat Sambo Commission
- President, American Association of Martial Arts

Sonnon has received many awards throughout his career, including:

- Pioneer of American Sambo Award Nominee, 2006
- US Open International San Shou Champion, 2005
- Distinguished Master of Sport, 1999
- USA Grand National Sambo Champion, 1995
- Pan-American Sambo Champion, 1994
- World University Games vice-Champion, 1993

Sonnon's professional memberships include the International Society of Biomechanics in Sport; United States Sambo Association; American Amateur Sambo Federation; Federation Internationale de Sambo; and Amateur Athletic Union.

Sonnon currently operates The RMAX Gymnasium, Unlimited in Bellingham, Washington where he lives with his wife and two children.