

Dr. Justin Lima

STRENGTH & CONDITIONING EXPERT / COACH

Two decades building elite American football talent, from the weight room to championship Sundays.

PHD • CSCS • RSCC*D • SCCC

NSCA EXECUTIVE COUNCIL

FOUNDER, STRENGTH COACH NETWORK



P/01 THE COACH

From the weight room to the **main stage**.

As a **strength and conditioning expert and coach**, Dr. Justin Lima's career spans **Division I football at the highest levels**.

His path runs from an internship at **Harvard** through the strength staffs at **Iowa** and **Maryland** to Director of Football Performance at **Towson**, then into the private sector, using his own research to validate the wearable tech coaches now train with.

Dr. Lima holds a **Ph.D. in Health and Human Performance** from Concordia University Chicago and a **Master of Science in Strength and Conditioning** from Bridgewater State University. He is the owner and CEO of **Strength Coach Network**, the premier platform for strength coaches to pave a real path forward: to elevate **pay, personal life, progression and purpose**.

A devoted family man, Dr. Lima lives with his wife and **two sons in Iowa** — the same state where much of his career was built and where his dedication to the profession continues to thrive.

30

NFL DRAFT
PICKS COACHED

8*

SUPER BOWL
CHAMPIONS

12

NFL PRO
BOWLERS

20+

YEARS IN
THE FIELD

7

ALL-PRO
SELECTIONS

50+

AMATEURS
TURNED PRO

12-0

2015 IOWA
UNDEFEATED

4

POWER
CONFERENCES

P/02 STRENGTH COACH NETWORK

Founder & owner of **Strength Coach Network**, a worldwide education platform where coaches earn **CEUs** and learn directly from Super Bowl winners and Olympic medalists. Built in 2015, owned by Dr. Lima since 2023, SCN gives strength coaches a real path forward: elevating pay, personal life, progression, and purpose.

37K

SCN INSTAGRAM FOLLOWERS

100s

HOURS OF VIDEO EDUCATION

CEU

ACCREDITED • NSCA • CSCCA

@strength_coach_network

37K followers • SCN brand

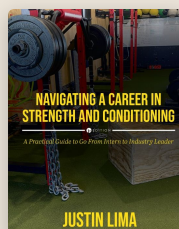
@dr.justinlima

4.7K followers • personal

Podcast • YouTube

Cheeky Mid Weekly + SCN channel

P/03 PUBLISHED AUTHOR



THE BOOK

Navigating a Career in Strength & Conditioning

A practical guide to go from intern to industry leader, distilling decades of the field's evolution into career strategy, foundational science, and a sustainable approach to the profession. Used in kinesiology and sports science programs.

CREDENTIALS

- **Ph.D.**, Health & Human Performance — Concordia University Chicago
- **M.S.**, Strength & Conditioning — Bridgewater State University
- **CSCS** • NSCA Certified Strength & Conditioning Specialist
- **RSCC*D** • Registered S&C Coach with Distinction
- **SCCC** • CSCCa Strength & Conditioning Coach Certified

ACCOLADES

- Coached **30 NFL Draft picks**, 12 Pro Bowlers & 8 Super Bowl champions
- **50+ amateur athletes** developed and turned pro
- **NSCA Executive Council** — College S&C & Football groups
- Built rooms across the **B1G, ACC, Ivy League & CAA**
- Keynote & conference presenter, incl. **Catapult Sports**

SPEAKS ON

BUILDING ELITE PROGRAMS

PERFORMANCE TECH

CAREER NAVIGATION

SERVANT LEADERSHIP

ATHLETE DEVELOPMENT