



## Derek Boyer Media Info

**Derek Boyer is well-known in Australia and internationally as Australia's Strongest Man – a title he has maintained for 15 years. Derek also holds several Guinness World Records, World Records and Australian Records for an impressive range of strength related achievements.**

As a leading fitness and health expert, he regularly provides fitness and social commentary through all Media Channels in Australia and abroad and at fitness and health expos and sporting events. Derek has made guest appearances on national television sporting, entertainment and news shows and in several movies. He's probably best remembered as the character Thunder in the TV series The Gladiators.

As a certified fitness instructor and sporting achiever, he regularly consults and trains at fitness and sporting clubs around Australia.

Together with his wife Sally, a leading performance nutritionist, he has built a successful business – the "Boyer Weight Loss Method" to help as many people as possible lose weight fast using a healthy and safe process. Australian national television tracked the progress of a volunteer group who followed their 30 Day Weight Loss Challenge and were amazed to see results of 7 to 15kg shed in just 30 days.

## Contact

To contact Derek please send email or phone.

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**See website for more information and images:** [derekboyer.com](http://derekboyer.com)

# Derek Boyer

I'm a type 1 Diabetic, but I've never let that get in the way of achieving anything in my life. Born in Fiji, I live on the Gold Coast with my beautiful wife Sally and gorgeous son Charles. I've dedicated my life to being the fittest, healthiest and strongest that I can possibly be. My success is attributable to a number of factors – and one of the most important is mindset. I use mindset training to overcome my biggest fears (like heights!) and to keep going when everyone around me has given up.

## Qualifications

- Certificate III & IV Personal Training
- Level 1 Strength and Conditioning Coach
- Yoga Teacher

## Sporting Credits

- Worlds Strongest Man- 8 times competitor and finalist 1996, 1997, 1998, 2000, 2001, 2003, 2007, 2011
- Masters World Strongest Man championship 2012- champion
- Australia's Strongest Man- undefeated in every Australian competition since 1997
- Australian Sumo Champion (Heavy weight) -2010
- Oceania Sumo Champion (Open)- 2011
- Australian Powerlifting Champion 1992, 1993, 1994, 1999, 2008, 2009, 2010

## Guinness World Records

- Heaviest Truck Pulled Over 30m- 30 tonnes, 42 tonnes, 48 tonnes, 52 tonnes
- Most Amount of Bench Presses of > 110kg in 1 minute – 126 reps
- Crucifix Hold (10 kg in each hand)- 1 min 52 sec
- Flipped a car ten times in 3 minutes and 54 seconds
- Carried on shoulders 300kg load over 20 meters in 6.68 seconds
- Carried V8 motor weighing 190kg over 20 meters in 21 seconds

## World Strength Records

- Heaviest RoadTrain Pulled- 80 tonnes for 2.15 metres
- Heaviest RoadTrain pushed- 120 tonnes for 60 centimeters
- Farmers Walk- 160kg in each hand over 50m – 32sec
- Heaviest Stone Lifted- 1,100 kg

## Australian Strength Records

- Heaviest Weight ever lifted- 1,100kg
- Heaviest Deadlift ever- 370kg

