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Chris Powell personal trainer Wikipedia

Powell is the host and a personal trainer on Extreme Weight Loss, a U.S. reality television series. The show was formerly known as Extreme Makeover: Weight Loss Edition . [2] Powell has also appeared in Extreme Weight Loss DVDs and is the author of two books: Choose to Lose: The 7-Day Carb Cycle Solution and Chris Powell's Choose More Lose More for Life .
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Chris Powell is the star of and fitness expert of ABC's primetime show, Extreme Weight Loss. Chris holds a degree in Exercise Science, with concentrations in biomechanics and physiology and the training accreditation: The Certified Strength and Conditioning Specialist (CSCS).
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Chris and Heidi Powell, hosts and transformation specialists from the hit TV show, Extreme Weight Loss, now share their proven, life-changing, step-by-step guide for losing weight and keeping it off in their first co-authored book, Extreme Transformation.
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