

**Premier Fitness & Weight Management Center**  
**1103 Annapolis Rd**  
**Odenton, MD 21113**  
**(410) 672-1888**  
**www.premierhealthclub.com**

Premier Fitness & Weight Management Center would like to welcome Dan Corridean as a member of the staff. Dan is an accomplished powerlifting instructor who will be conducting powerlifting and strength training seminars here at Premier Fitness. As you can see in the pictures below, all lifts done without a lifting belt, and are lifetime drug free.

Dan is a multi-time State, National, & World Record Holder. He is also the founder of DRK RAW Powerlifting Promotions, and captain of the DRK RAW Powerlifting Team. Dan has been lifting for over 20 years, and has competed as a powerlifter for 17 years. Dan has coached several State, National, & World Champions, as well as State, National and World Record holders.

In the pursuit of Drug Free Lifting, Dan has run State & National Meets for the 100% RAW Powerlifting Federation, and the ADAU (Anti Drug Athletes United). Dan will be the meet director for the 100% RAW World Championships held in Maryland on November 1<sup>st</sup> & 2<sup>nd</sup> 2008. The 100% RAW Federation has a wide range of lifters, ranging from the best raw drug free athletes in the World, to a wide variety of novice lifters as well.



- 1994 USPF National Champion
- 2001 100% RAW National Deadlift Champion
- 2001 100% RAW World Powerlifting Champion
- 2002 100% RAW National Champion
- 2006 ADAU National Champion
- 2007 ADAU National Champion
- 2007 100% RAW World Champion
- 2008 100% RAW National Bench Press Champion
- 2008 100% RAW National Deadlift Champion

- 1994 USPF Maryland State Champion
- 2006 ADAU Maryland State Champion
- 2006 ADAU Maryland State Squat Champion
- 2006 ADAU Maryland State Bench Press Champion
- 2006 ADAU Maryland State Deadlift Champion
- 2007 ADAU Maryland State Champion
- 2007 ADAU Maryland State Bench Press Champion
- 2008 100% RAW Maryland State Champion
- 2008 100% RAW Maryland State Bench Champion

**HIGHEST SQUAT: 675 LBS**

**HIGHEST BENCH PRESS: 451 LBS**

**HIGHEST DEADLIFT: 771 LBS.**