



COREY BRIDGES

STRENGTH & CONDITION and PERFORMANCE COACH

FAFS | Fellow of Applied Functional Science

PES | Performance Enhancement Specialist

PERSONAL RECORDS

40 yards	4.19 seconds
55 meters	6.09 seconds
60 meters	6.58 seconds
100 meters	10.10 seconds
200 Meters	20.98 seconds

EXPERIENCE

- 1993** Graduated Newnan High School (GA)
 - Won state championship in baseball
 - Set school records in 100 meter and 4x100 meter relay
- 1993-98** Scholarship to University of South Carolina
Played football and ran track all 4 years
- 1998** Earned All-American Honors 6 times
Ranked #1 in the NCAA 60 meters
SEC Champion in the 55 meters
 - National Runner Up in 60 meters
 - Set School Records in 55 meters, 60 meters, and 100 metersCo-Captain of Track and Field Team
Signed free agent contract with NFL's Minnesota Vikings
- 1999** Cleveland Browns, also played one season in the CFL (Canadian Football League)
- 2000** Signed with NFL's Chicago Bears
 - Allocated by Chicago Bears to NFL Europe
 - Won the World Bowl with the Berlin Thunders
- 2001** Signed with the NFL's Miami Dolphins
Drafted by Grand Rapid Rampage (Arena Football)
2002-03 then retired
- 2005** Sprint Coach, Marist School
- 2006** Sprint Coach Georgia State University
- 2007-09** Personal Trainer/Speed and Strength Coach
- 2009** Present X3 Sports Strength and Conditioning Coach/PT, Professional MMA Team Coach
- 2011** NSA Speed and agility coach



corey@c4-
performance.com



404.931.1921

CERTIFICATIONS

- Certified Strength and Conditioning Specialist
- Certified Speed Specialist
- Pure Motion Certified
- 2008 USATF Coaching Level 1
- 2010-Present CPR
- Dynamax Certified
- 2012 FMS Level 1 and 2 (Functional Movement System)
- 2012 NASM Sports Performance Training
- Owner of C4-Performance
- 2013 Certified Speed & Agility Coach (CSAS)
- 2014 Fellow of Applied Functional Science (FAFS)
- 2015 FAFS Level 2 (Playcoach Mate)
- 2016 CAFS Certification in Applied Functional Science
- 2017 Director of Speed & Agility @ Norcross Sports Training Academy