

Tony Horton

BIOGRAPHY

Tony Horton is the creator of the revolutionary home fitness series, P90X®, which became a global phenomenon earning Tony widespread acclaim and a devoted following. His fitness career started to take shape when he began working as a personal trainer in Venice, CA. Tony developed a reputation for his effective and personalized training methods, attracting a high-profile clientele that included celebrities like Tom Petty, Billy Idol, and Annie Lennox.

In 2019, Tony created the health and wellness platform, Power Nation Fitness, where his Power of 4 by Tony Horton® workouts are gaining just as much, if not more, popularity than his past programs. His newest PowerSync 60™ program is yet another revolution in the fitness industry. The program teaches men and women how to exercise with their hormones, rather than against them. He believes that exercise, whole foods, and the right mindset are the formula that leads to a vibrant, productive, and full life for anyone who focuses on being the best they can be.

Tony is the author of top-selling books “Bring It”, “Crush It!” and his latest motivational book, “The Big Picture; 11 Laws that Will Change Your Life.” He has appeared on countless TV programs as a fitness and lifestyle expert to promote healthy living through exercise and proper nutrition. He embodies the idea of active aging – which means you can stay adventurous, active, and energized for as long as you want, with the right support.

Tony is truly passionate about his philosophy and works tirelessly to get his message out whenever he can. Tony realizes that a lot of people, even those in occupations where fitness is important, struggle with exercise and nutrition. To help remedy this, he works with all five military branches worldwide on his “Ripped and Ready” tours, which help develop stronger, healthier troops. Additionally, he has traveled to Capitol Hill to train members of Congress to promote change at the highest levels of government, including working with First Lady Michelle Obama and her “Let’s Move” campaign, to increase fitness awareness in an effort to abolish obesity in America.

Through his authenticity and humor, Tony inspires people to make an extreme, positive change in their lives so they can thrive. His infectious enthusiasm for living life, and his unwavering dedication to personal growth and well-being, continues to inspire millions everyday to embrace a healthier lifestyle and reach their highest potential.