



BIOGRAPHY DR. AXEL GOTTLÖB

Gottlob is an author, columnist and specialized expert. He educates therapists in rehabilitation hospitals and trains physicians in companies and large corporations. He supervises top athletes, advises performance centers and is also a speaker at international congresses. With his expertise, critical questioning and new approaches, he has been recognized as one of the leading body experts in the German-speaking world for many years.

Above all, Gottlob is a passionate lecturer and trainer. His greatest passion is to equip people with valuable know-how and to inspire them in their line of work. Since 1991 more than 4,000 coaches, therapists, professional trainers and competitive athletes have completed the course of studies.

Dr. Phil. Dipl.-Ing. Axel Gottlob studied physics and mechanical engineering at the University of Stuttgart (focusing on Biomedical Engineering and Biomechanics for 7 years). He continued to specialize in biomechanics at the Fraunhofer Institute for Ergonomics and Labour Physiology. In **2002** he received his doctorate as Dr. Phil. in Sports Science at the University of Heidelberg with 'magna cum laude'. In the 1990s he also passed the law interim examination at the University of Heidelberg.

At a young age Axel Gottlob was already a successful trainer and later on became a studio manager of the family-owned fitness facility (his father Peter Gottlob opened in 1959 his first sports studio). As a teenager he participated in many sporting activities and began his athletic career in strength and conditioning. Seven years later in **1982** he became the German champion in Bodybuilding and this highlighted the end of his bodybuilding career. He became winner of his division and overall winner making him the youngest champion in the men's class to date.

In the **1980s and 90s** he researched in human kinetics, developed over 80 professional training machines (including four patents and inventing the Multi Motion Technology) and presented a row of differentiated exercise sequences. Gottlob was one of the leading providers of professional training equipment in Europe and Japan with his family business Galaxy Sport until it was sold in 1992. During this time he also was sales manager and later managing director. He completed a one-year psychology program in the United States and a one-year EU management course (ETP-Program) in Japan.

Since **1998** he has been lecturing in strength and conditioning training and biomechanics, including over 20 semesters at the Sports Science Institute at the University of Heidelberg and at the Institute

for Sports and Movement Science at the University of Stuttgart. Since that time he has also been collaborating with Heidelberg's Olympic base in injury prevention and training therapy for athletes.



In the late 1990s Gottlob developed *differentiated strength training*. He introduced completely new exercise assessments; for example the analysis of forced positions within the biomechanical range and the principle of force distribution. In the following years he focused on the spine, the tissues surrounding it and its biokinetic challenges. He was able to define the role and function of the back fascia, explore the complex interactive nature of the abdominal muscles, develop a new understanding of the disc mechanics and develop a training concept to achieve a high performing spinal system.

He has been conversing in a brain-tank with surgeons for 10 years discussing the histological qualities and the joint stabilizing systems and he has been leading several sport science projects including facilities in Japan and Brazil.

His main areas of study up until now have been in the evolutionary based 3D-anatomy and biomechanics, the loading capacity of movement-relevant tissues, differentiated training therapies, the regeneration of functional tissue post-injury as well as scientific research in the placebo effect and medical ethics.



In 1993 Gottlob founded his institute in education, which initially offered several two-day courses and an introductory training course.

In 1999 the first master's course of study Master Fitness Trainer MFT was established.

In 2002 the institute was renamed "Dr. Gottlob Institute" for the continuing education of professional trainers and therapists.

In 2008 the next level of master's education – the training course Master Personal Trainer MPT – was created. Three courses in pathology were also added on to the program (PRC, PHC and PGC).

In 2014 Gottlob launched the new and improved master's education level 3: Master Trainer for Fitness, Personal Training, Prevention and Training Therapy MT.

In 2018 Dr. Gottlob Institute expanded by offering two new courses. There is currently one introductory training course and three master courses as well as 13 special courses on offer.

www.dr-gottlob-institut.com