About Gideon

Winner of the national 2015 *Men’s Health* Next Top Trainer competition, Gideon Akande is a passionate ambassador for fitness and health. He inspires and elevates people of all ages through his high-energy classes, corporate wellness programs, speaking engagements, and a charismatic online presence. One of the videos in which he is featured — *22 Plank Variations* — has been viewed on Facebook nearly 12 million times since September.

Gideon is a regular contributor to *Men’s Health*, has appeared on WGN-TV and FOX 32 Chicago, and was named by *Shape* magazine as one of the 50 Hottest Male Trainers in America in 2014. A Chicago native and lifelong athlete, he won consecutive Chicago Golden Gloves boxing titles in 2013 and 2014. Gideon earned his BA in political science from the College of the Holy Cross, where he was a four-year running back and kick returner, football team tri-captain (2005), resident assistant, and recipient of the prestigious Presidential Service Award (2006).

Certifications and Honors

National Academy of Sports Medicine (NASM) Certified Personal Trainer
2015 Men’s Health Next Top Trainer Winner
2013–2014 Chicago Golden Gloves Champion

Connect with Gideon

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