

TOM HOLLAND, MS, CSCS, CISSN

Fitness Industry • Exercise Physiology • Personal Training

Expert Witness and Litigation Consultant

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Exercise physiologist, university exercise science adjunct professor, former fitness-company executive, gym owner, author, coach, and fitness-equipment specialist with more than 30 years of industry experience. Frequently retained in matters involving gym and trainer negligence, exercise equipment safety, group fitness, and endurance-event liability.

Litigation Experience

- Retained as a testifying and consulting expert in 8 matters to date.
- Testimony history includes 4 depositions.
- Case mix is approximately 50% plaintiff / 50% defense.
- Matters have included personal-training and gym supervision, group-fitness and instructor-conduct, exercise-equipment failure, and cycling/endurance-event incidents.
- Site inspection experience includes an on-site survey of a triathlon bike-course accident location and an on-site survey of a gym-facility incident location.
- Case list, testimony history, and Rule 26 / CV materials available upon request.

Expert Witness Qualifications

- Frequently retained as an expert witness and litigation consultant in fitness-related injury matters.
- Provides analysis of fitness-industry standards, personal-trainer conduct, exercise programming, supervision, equipment use, warnings, facility practices, and risk management.
- Experience evaluating matters involving gym negligence, trainer negligence, exercise equipment safety, group fitness and indoor cycling, and race-event liability.
- Retained in both plaintiff and defense matters, including record review, case consultation, written opinions, deposition, and trial testimony.

Primary Areas of Expertise

- Personal Training — standard of care; screening; program design; progression; supervision; contraindications; trainer qualifications and scope of practice
- Gyms & Fitness Facilities — policies and procedures; member safety; instruction; supervision; risk management; facility operations
- Exercise Equipment — intended use; foreseeable misuse; instructions; warnings; user education; product training; fitness-industry practices
- Exercise Biomechanics — movement analysis; resistance training; free weights; exercise selection; technique; loading and progression
- Group Fitness — instructor conduct; class design; participant screening; scaling; indoor cycling; group-exercise safety
- Endurance Events — participant preparation; coaching practices; race-event safety; endurance training and risk considerations

Education

- M.S., Exercise Science & Sports Psychology — Southern Connecticut State University
- Graduate Certificate, Human Behavior — Harvard Extension School
- B.A., Communications — Boston College

Academic Appointment

Adjunct Professor — University of Bridgeport | 2025–Present

Courses taught: Applied Biomechanics, Applied Kinesiology, Strength & Conditioning, and Fitness Assessment. Instruction includes movement analysis, kinetics and kinematics, resistance-training technique, program design, fitness testing, safety, and application of evidence-based training principles.

Professional Experience

Chief Fitness Advisor — Nautilus, Inc. | 2014–2024

Led fitness programming, product collaboration, training systems, consumer education, and national media representation for Nautilus, Bowflex, Schwinn, and Octane. Contributed to development of the Bowflex HVT and strength programming for Bowflex SelectTech products; wrote coaching dialogue for the Bowflex Max Trainer; hosted digital training programs and equipment workouts. Appeared in more than 100 live home-shopping broadcasts, generating over \$10 million in product sales; Bowflex workouts accumulated more than 150 million YouTube views.

President & Founder — TeamHolland LLC | 1998–Present

Provides expertise in exercise science, fitness programming, sports nutrition, behavior modification, media, consulting, and litigation support. Has coached individuals ranging from first-time exercisers to endurance athletes and public figures. Co-founded and coached the Multiple Myeloma Research Foundation endurance team, helping raise more than \$30 million for cancer research while coaching hundreds of athletes.

Founder & Owner — The Tom Holland Athletic Club | Prior Position

Owned and operated a 10,000-square-foot strength and conditioning facility specializing in personal training, sport performance, exercise programming, and functional biomechanics. Responsible for facility operations, staff, member services, training practices, and risk management.

Fitness Programming, Media & Industry Experience

- Host of Fitness Disrupted, an iHeartRadio podcast featuring leaders in exercise science, sport, medicine, and academia; more than 5 million downloads.
- Designed and hosted nationally distributed fitness programs including The Abs Diet Workout, Supreme 90 Day, and Herbalife 24 Fit.
- Appeared as a fitness expert on The Today Show, Good Morning America, CNN, and numerous other national outlets; advice featured in hundreds of publications.
- Former fitness model represented by Wilhelmina Models.
- Contract writer and contributor for Men's Journal, Rodale, Vega, and other health and fitness organizations.

Innovation & Fitness-Equipment Experience

- Inventor and U.S. patent holder for a multifunctional exercise device integrating resistance training, balance, mobility, core training, and functional biomechanics.
- Decade of executive-level experience collaborating on the development, programming, instruction, demonstration, and consumer communication of home-fitness equipment.
- Extensive practical experience with strength-training machines, free weights, indoor cycles, cardio equipment, functional-training products, and digital coaching systems.

Books & Publications

- UNFIT: How Modern Fitness Fails Us and What We Can Do About It — forthcoming, Square One Publishers / Globe Pequot
- The Micro-Workout Plan: Get the Body You Want Without the Gym in 15 Minutes Or Less A Day
- Beat the Gym: Personal Trainer Secrets - Without the Personal Trainer Price Tag
- The Marathon Method: The 16-Week Training Program that Prepares You to Finish a Full or Half Marathon in Your Best Time
- The 12-Week Triathlete: Everything You Need to Know to Train and Succeed in Any Triathlon in Just Three Months
- Swim, Bike, Run, Eat: Complete Guide to Fueling Your Triathlon

Professional Certifications

- Certified Strength and Conditioning Specialist (CSCS) - National Strength and Conditioning Association
- Certified Personal Trainer credentials - American College of Sports Medicine, American Council on Exercise, and National Academy of Sports Medicine
- Group Fitness Instructor - Athletics and Fitness Association of America
- Certified Sports Nutritionist (CISSN) — International Society of Sports Nutrition

Athletic Experience

Completed 28 Ironman triathlons and more than 80 marathons and ultramarathons worldwide to date; winner of the Dutchess County Marathon. Additional endurance accomplishments include two solo runs across the Grand Canyon and back and extensive long-course coaching and competition experience.

Services Available to Counsel

- Initial case consultation and preliminary assessment
- Review of pleadings, medical records, testimony, video, training records, policies, manuals, warnings, certifications, and industry materials
- On-site inspections and site surveys of gym, fitness-facility, and race/course incident locations
- Evaluation of applicable fitness-industry standards and practices
- Written reports and expert opinions
- Deposition and trial testimony
- Consulting-expert services and assistance with opposing-expert review

Selected Search Terms

Fitness expert witness • Personal trainer expert witness • Gym negligence • Health-club safety • Exercise equipment • Fitness equipment warnings • Exercise physiology • Biomechanics • Strength training • Group fitness • Indoor cycling • Race-event liability • Standard of care

Fee schedule available upon request.