

SPEAKER · MEDIA · PERFORMANCE AUTHORITY

HUNTER McINTYRE

“The Sheriff” — performance authority for hybrid athletes

A DECADE ON CAMERA. A CAREER SPENT COACHING.

Hunter McIntyre has spent more than a decade performing with the cameras on: three undefeated seasons on CMT's Steve Austin's Broken Skull Challenge, the “Defender” role on CBS's Million Dollar Mile, and years of interviews, documentary features, and his own podcast.

The through-line isn't television — it's teaching. Through HAOS Training he coaches everyday hybrid athletes inside the same system that built three world titles. He has turned a career of public suffering into curriculum: how pressure works, how toughness is trained, and how ordinary people get better at hard things.

He doesn't present the research. He is the case study.

SPEAKS ON

Mental toughness is a skill

Not a trait. How it's trained, tested, and transferred to boardrooms.

The hybrid era

Why the strength-vs-endurance divide is dead — and what it means for brands.

Suffering as strategy

Pressure, preparation, and performing when it counts.

Athlete to ecosystem

Building HAOS, BLDR, and Cresthooch 127 without renting his name out.

*“I'm not trying to live the life of a healthy person.
I'm trying to live the life of a champion.”*

— HUNTER McINTYRE, BARBEND



THE RECORD

- 3x HYROX World Champion (2020 · 22 · 23)
- 53:22 — world record that stood 2+ years
- 6x OCR World Champion
- 3-0 — Steve Austin's Broken Skull
- 2x Tough Mudder X Champion
- 2026 Worlds — Doubles silver (49:32)
- 2019 CrossFit Games competitor
- Founder — HAOS · BLDR · Cresthooch 127

SEEN ON

Sports Illustrated · Men's Health
Men's Journal · BarBend
CBS · CMT · Red Bull

BOOKING & MEDIA: info@huntermcintyre.com

www.huntermcintyre.com · [@huntthesheriff](https://twitter.com/huntthesheriff) · inquiries handled by management