



THE STRENGTH FORTRESS

Here's what people have to say about the coaching by JP Cauchi

LIZ NGUYEN

I became a member at The Strength Fortress in July 2017. I came to JP with an injury and had plateaued for six months. With his guidance and patience, we worked on form and technique adjustments to best suit me and I started to enjoy training more than ever.

I chose to work with JP because I wanted the best of the best. He introduced me to the sport and showed me that powerlifting doesn't have to be daunting for new lifters. He is attentive towards little habits that can physically and mentally hinder a person's performance/progress and ensures that smaller achievements are also celebrated.

I love working with JP not only because I've hit numbers that once seemed impossible, but because he genuinely cares about his members. The welcoming and supportive environment at The Strength Fortress is a true reflection of him as a person which makes his coaching philosophy stand out from the rest.

For anyone looking to take their lifts to the next level or simply wanting to improve their strength, health and lifestyle, I highly encourage you to contact JP. He truly is the best and you will not be disappointed!

Liz Nguyen - Competitive Powerlifter



BRETT GIBBS

I've been competing in powerlifting for over 10 years. In 2015 after a disappointing World Championships, I realised I needed some help to maximise my training and performance. I started working JP immediately after 2015 Worlds via correspondence. I trusted JP because I knew he was smart and experienced, exactly what I wanted from a coach. 3 months later, we hit my biggest total ever, 800kg at 83kg. My training was better than ever and it was showing on the platform.

Whether it's programming, technique or on the platform, there aren't many other people I would recommend as highly as him. I've been to 6 World Champs, met some of the best coaches in the world and can confidently say you'd be hard-pressed to find someone as skilled, passionate and genuine as him. Thanks for all your help over the years JP, you're a GC

Brett Gibbs - IPF World Champion

COLIN WEBB

I started working with JP in the lead up to the Matti Tikka 2015. I'd just come off a hypertrophy block and JP took me through to comp day. His commitment and dedication to his clients quickly became evident. After only a short time working with JP we put together what was at the time my best meet, and one I won't readily forget. His comp day coaching is impeccable!
Thanks JP

*Colin Webb – Head Coach of Panthers Powerlifting
3x IPF World Championships competitor*



CALLAN GIBBONS

I highly recommend anyone who is looking to improve their lifting to get in contact with JP. A great coach, with an extensive knowledge of all things powerlifting.

Callan Gibbons – 2017 Oceania Silver Medallist



JULZ NANNETTI first started working with JP after suffering a back injury. During my rehabilitation, I suffered a number of setbacks throughout which JP's confidence in me never wavered. His undying patience saw me through some very difficult months of training. I have always been so inspired by his love for the sport of Powerlifting. The energy and passion he injects into the sport is infectious. I have never been so excited about training and competing as I have been working with JP.

The person-focused approach JP takes with his coaching means the service he provides is always very personal. He embodies what I believe to be the perfect blend of hard and technical skills as well as soft/personal skills that I believe make someone a superior coach.

I have always found the feedback he has given me on my lifting easy to digest and practical in its application. I think you'd be hard pressed to find someone who can improve your technical lifting skills and ability more than JP.

Giuliana Nannetti – 2016 IPF World Silver Medallist, 2016 Oceania Champion

JOSH LUU

I started competing in Powerlifting in 2017 and realised after 2 competitions that the sport required technique as much as it required strength. I started working with JP as soon as he opened The Strength Fortress and I am so grateful that he is there every set and every rep when I need him to help. He has gone above and beyond the expectations I had of a coach and has led me to break multiple national records and break a world record in just 6 months of working with him (241kg deadlift at 59kg Junior). I can't wait to see what comes in the future working with him because I know he can guide anyone to reach their potential.

Joshua Luu – 2017 59kg Australian Junior Champion, Oceania Gold Medallist



ISAAC SO

I started working with JP in February 2017 because of the extensive knowledge he provided on his YouTube channel. In my first 10 months, he has helped me increase my total 90 kilos, progressing significantly in all three lifts. Along with the results, JP continues to analyse form in training, developing the most efficient technique for myself. I enjoy working with JP because he emphasises steady and consistent progress, striving for longevity. To anyone who seeks a coach that works closely with their clients and provides valuable training and technique guidance, I highly recommend JP.

Isaac So – Competitive Powerlifter



LIZ CRAVEN

I started working with JP in 2016. He and I have been friends since going to World together in 2012 and he has often given me great advice to clean up my lifts. One thing I've always lacked is having a meet coach that knows my lifting and I can rely on to bring the best out of me. JP also has always been really good at helping me clean up my technique so these went hand in hand. Since I started with him I have competed twice and in both gone 9/9 and broken countless records. Before that I had plateaued but have now added 11kg in 6months and keep getting stronger. He is a coach with great knowledge, passion and care. Most important I trust him. I recommend his coaching to anyone if they want to compete at an elite level or just get stronger generally. You will not be disappointed. He is a motherfreaking gangsta

– Liz Craven, Owner and Head Coach at The Strength Syndicate. 3x IPF World Championship Medallist, 5x Australian Champion

LUKE ASHTON

I started working with JP three months before Junior Nationals. I'd had plenty of experience with different coaches and had always had success in training, but the results never seemed to transfer across to the platform. At Junior Nationals, I hit a 50kg PB at the same bodyweight and managed to take out the win. There was nothing complicated to the prep, just solid programming with excellent week-to-week adjustments based on how training was progressing. JP knows this, but I can't thank him enough for helping me bring my strongest me to the platform.

Luke Ashton – 2017 93kg Junior Australian Champion, Australian total record 718kg

ROBERT WILKS

I have been Powerlifting Australia's Director of Coaching for 30 years. I've seen Coaches come and go, but few have mastered the art of strength performance like JP Cauchi. JP matches passion, knowledge and experience to deliver results for athletes from novice to champion. JP does the job for all who strive to achieve in the world of strength.

– Robert Wilks, Powerlifting Australia CEO and Coaching Director





URBAN MUR

I first started working with JP in July 2015. His approach to training seemed suitable, I wanted to improve my deadlift badly and his technique tips, which I found online, worked for me. In the following year, he helped me to learn that training does not necessarily need to be super hard, rather consistent and technically proficient.

In the first year, I improved my deadlift for 10 kg and total for 27.5 kg, while moving to the IPF for the first time. After training by myself for a year, I re-joined team 5trong in 2017. I missed being just an athlete with a goal to perform by his best in the gym and not overthink my program. JP's plans seemed to be very efficient in the long term, training was fun but challenging at the same time and it allowed me to find the groove in my lifts, get rid of injuries and lift PRs in training again.

I've seen JP's coaching develop through years and can confirm that his service is very professional. His technical tips, based on training videos, can help you get your lifts to another level.

I would recommend his coaching services to any athlete: beginner, intermediate or advanced

Urban Mur – 2016 IPF World Championship competitor, Slovenia Powerlifting President

JOHN TRAN

Testimonial for JP I started working with JP in __December of 2016_ I started working with JP because _not only did he have a good reputation as a great lifter but also having been to a couple of his seminars I felt like he was a great coach as well. JP helped me to relearn some movements and train without pain which in turn motivated me to get back into competition. When we first started, I had not trained consistently for three to four months due to injury. He managed to work around my injuries and in my next competition after 6 months, I had added 12.5 kilos on my squat and progress has been steady and consistent!" i love working with JP not only because of the results we've seen in my lifting but because of his ability to communicate his cues and concepts. I strongly urge anyone who wants to improve their lifting, health, strength or powerlifting performance to contact JP — you will not be disappointed.

John Tran, Owner and Head Coach of City Strength

SIMON BERGNER

John Paul is one of Australia's most dedicated and passionate coaches I have worked with. His ability to work with Beginner athlete to elite is an exceptional skill.

His infectious personality and drive make him one of those people you want to be around as they help you be the best version of yourself.

JP fits the role of a great Powerlifting coach and I'm glad to have him in my corner.

Simon Bergner, Owner and Head Coach of NSPC





MATT TINSON

I started working with JP in May 2016. After competing in my first powerlifting comp without a coach I quickly realized how beneficial a coach would be if I wanted to progress. I contacted JP shortly after and began to work towards my next meet.

My first comp my total was 602.5kg in the 74kg weight class. After working with JP on my technique and a properly structured program I was able to lift a 620kg total a few months later. By the end of the year I moved up a weight class to the 83kg class and totaled 650kg.

Since then I have made steady and consistent progress with my pb total currently at 670kg with a goal to reach 700kg in the near future.

I love working with JP because his programs are very well structured and personalized. At competitions, you couldn't ask for a better coach to support you on the day. I strongly urge anyone who wants to improve their powerlifting, strength or general health to contact JP, you will not be disappointed.

JP's No1 client
Powerlifting sensation
*Mathew Tinson – 2017 Open
National Championships Finalist*

AMANDA RAKUSIC

When it comes to Powerlifting and Coaching I can't think of a better person to work with than John Paul Cauchi. As a coach, he will tirelessly work on refining your technique and then continuously add tweaks and changes to enable you to lift more all while working on mindset and helping you to believe in your ability. He had such a huge impact and influence in my training and through his programming and one on one attention to detail I was able to break the Australian deadlifting record several times over.

I always walk away from every session feeling like I stretched my ability, knowledge and strength. Before starting to work with JP I thought that my strength was starting to peak but it was my technique which really needed work. JP was able to take my deadlift from 150 right up to 175.5kg in around a year.

When it comes to competition day he is perfect to have in your corner. He takes control while also making you feel calm and focused. He is amazing at strategically setting you up to achieve your best result for that day.

I am forever grateful for what I have learnt from him and excited about what my future lifting and training

Amanda Rakusic, Owner of Queen of Lean, 2015 IPF World Championships competitor

