

Tim Grover

By Wyatt G. Tippit

Who is Tim?

Born: November 1, 1964

Childhood: Born in London

Education: University of Illinois of Chicago
(For kinesiology)

Profession: CEO/Owner of Attack Athletics,
Personal Trainer, and Known as “THE Trainer”
(Elite performance/Mental Coach)

Influence: Michael Jordan, Charles Barkley,
Kobe Bryant, Dwyane Wade, Scottie Pippen

Books: *Relentless*, *Jump Attack: The Formula
for Explosive Athletic Performance*, *Jumping
Higher*, and *Training Like the Pros*,



Family History

- Parents are from India
- Tim was born in London
- Mother was a nurse
- Father was a Medical Doctor in India



**BOTTOM LINE - IF YOU
WANT SUCCESS OF ANY
KIND; YOU HAVE TO BE
COMFORTABLE BEING
UNCOMFORTABLE. -
TIM GROVER**

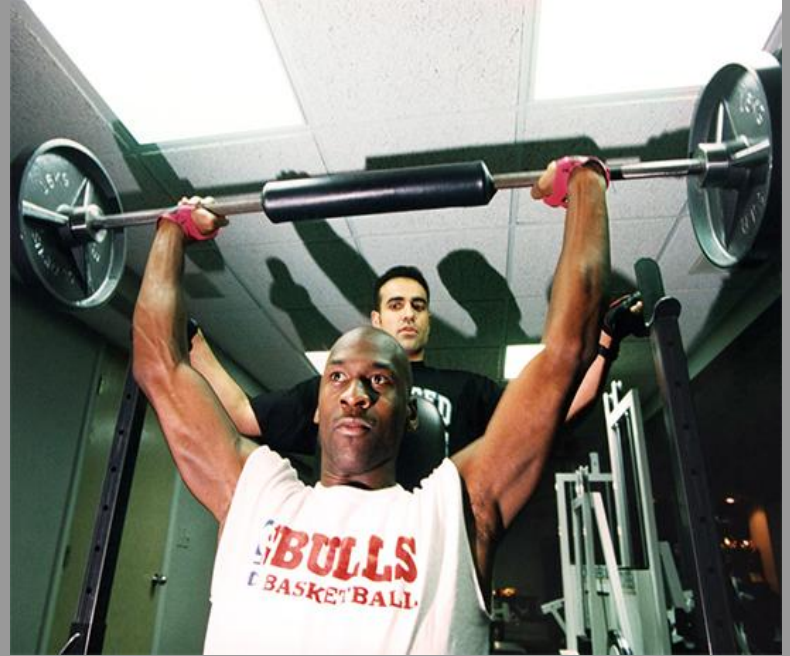
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Developmental Years

- D1 basketball player at University of Illinois of Chicago
- Bachelor's degree in kinesiology
- Masters degree in exercise science
- Health Clubs
- Teams
- Elite athletes by age 25

Sacrifice

- *“30 days turned into 15 years.”*
- Sent mail to everyone on the Chicago bulls except Michael Jordan
- (1989) Michael Jordan was his first professional client.
- *“Jordan used to tell me that he paid me not to train him, but to not train his competition.”*



Relentless



- Instant transformation after upset.
- Manifested his future with elite athletes.
- Cooler, Closer, Cleaner
- Mental and Physical dominance

“I'm not stopping, until I become the best in my field...no questions asked.”

Cooler (Good)

- Thinks about what he's supposed to think about.
- Tries to fight his dark side and loses.
- Is never in a situation where he has to be "clutch."

**"Everything
gets easier
when you stop
expecting it
to be easy."**

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TIM GROVER

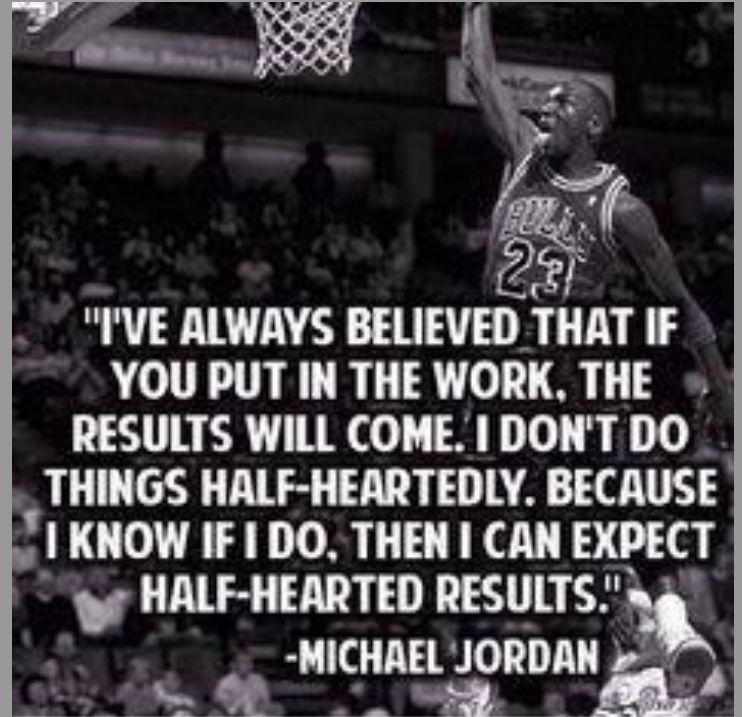
**SUCCESS ISN'T THE
SAME AS TALENT. THE
WORLD IS FULL OF @BBALL.OFFICIAL
INCREDIBLY TALENTED
PEOPLE WHO NEVER
SUCCEED AT ANYTHING.
- TIM GROVER**

Closer (Great)

- Thinks, analyzes, and eventually acts.
- Acknowledges his dark side but isn't able to control it.
- Is “clutch” in high-pressure situations.

Cleaner (Unstoppable)

- You keep pushing yourself harder when everyone else has had enough
- You know exactly who you are.
- Harnesses his dark side into raw, controlled power.
- Is always “clutch.”



Current Influence

- Attack athletics
- Motivational Speaker
- Dwyane Wade's Trainer
- Working on a new Relentless program



<https://www.basketballnetwork.net/tim-grover-shares-a-story-about-michael-jordans-dedication-interesting-how-the-guy-with-the-most-talent-and-success-spent-more-time-working-out-than-anyone-else/>

<https://timgrover.com/attack/>

<https://www.si.com/edge/2014/06/02/how-tim-grover-became-one-nbas-most-revered-trainers>

<https://youtu.be/5BmZKXGXrmM>

<https://ahs.uic.edu/alumni/news/ahs-alumni-awards/alumni-award-recipients/tim-grover/>