AthletesWorld

A BURBAYNE™ MAGAZINE

WINTER 2026

FEATURED ATHLETE PROFILE

Daniel Pond

Personal trainer / coach based in Culpeper, VA, United States

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ABOUT DANIEL

Daniel is a personal trainer / coach based in Culpeper, VA, United States with a background in fitness / gym, hiking, pickleball, volleyball, and walking / power walking. He is open to exploring new brand partnerships, sponsorships, and endorsement opportunities.

ATHLETE PROFILE

Name	**Daniel Pond**
Location	**Culpeper, VA, United States**
Athlete Status	**Personal Trainer / Coach**
Sports / Activities	**Fitness / Gym • Hiking • Pickleball • Volleyball • Walking / Power Walking**
Available for Opportunities	**Yes**

Daniel Pond is a lifelong athlete, dedicated fitness enthusiast, federal law enforcement professional, and founder of OPS Health & Fitness, whose journey has been shaped by discipline, perseverance, and a passion for helping others become stronger and healthier. Growing up in Pennsylvania, Daniel's athletic foundation began at just five years old when his father introduced him and his two older brothers to wrestling. Traveling throughout Pennsylvania and New York for tournaments, he quickly developed the competitive spirit and work ethic that would define his life. At twelve, he discovered football, eventually earning recognition as one of the top 50 players in his district during his senior year of high school. He later played a season of baseball at Penn State before injuries cut his season short. Through every athletic challenge, one thing remained constant: his dedication to strength training. Daniel began lifting weights at thirteen and has maintained that passion for 40 years, even earning third place at the ANBC

New York bodybuilding competition at just nineteen years old.

Beyond athletics, Daniel has spent the past 26 years serving in federal law enforcement, a career that has reinforced his commitment to physical readiness, mental toughness, and personal accountability. For three decades, he has also been the person friends, family, and colleagues turn to for guidance on fitness, nutrition, and strength training. With retirement approaching, Daniel decided to transform his lifelong passion into his next professional chapter. Returning to school, he earned certifications in nutrition, physique building, and biomechanics, expanding his knowledge and preparing to help others achieve meaningful, lasting results. That dedication led him to establish OPS Health & Fitness, a company built around the belief that true health and performance require more than simply working out.

Through OPS Health & Fitness, Daniel is committed to helping individuals optimize their health, improve performance, and sustain long-term wellness through four essential pillars: nutrition, physical activity, mental well-being, and proper recovery. His mission is to support, educate, and train everyone from everyday individuals to competitive athletes and first responders, empowering them to build healthier, stronger, and more resilient lives. But behind his professional ambitions lies an even greater source of motivation: his daughters. Daniel wants to lead by example, showing them that hard work, determination, and the willingness to overcome obstacles can make extraordinary things possible. His journey is a powerful reminder that strength is built over a lifetime, success requires consistency, and it's never too late to pursue a new purpose. For Daniel, the mission is clear: "Build Muscle. Lose Fat. Age Strong."

Athletes World Magazine

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