



Kyle Maynard is a motivational speaker, author, entrepreneur and athlete. Despite being born with arms that end at the elbows and legs near the knees, Kyle's wrestled for one of the best teams in the Southeast, set records in weightlifting, fought in mixed martial arts, and most recently became the first man to crawl on his own to the summit of Mt. Kilimanjaro, the highest mountain in Africa.

His story has been featured on The Oprah Winfrey Show, Larry King Live, ESPN's Sportscenter, HBO's Real Sports, ABC's 20/20 and Good Morning America, and as a cover story in USA Today. He continues to inspire as the author of his book, *No Excuses* (2005), a New York Times bestseller.

Kyle Maynard was born March 24, 1986 with a condition known as congenital amputation. His parents, Scott and Anita, had no idea their firstborn son would be born with a disability, but they made a critical decision early on to drive him to be as independent as possible -- beginning what Kyle calls his "pursuit of normalcy." And consequently, with basically two elbows he can type up to fifty words per minute on a normal keyboard, eat and write without any adaptations, drive a vehicle that has little modification, and live on his own in a three-story townhouse in Atlanta, GA.

Kyle's athletic journey began as an 11-year-old that wanted to wrestle and a coach that gave him an opportunity to try. After losing every single match his first year and most his second, Maynard, with his iron will and parents who wouldn't let him give up on himself, found a way to win 36 varsity matches his senior year; defeating several state place finishers and state champions during his final season. Maynard also began weight training at the same age, and after a very modest start, he...

Kyle Maynard

Speech Topics

- Sports
- Resilience
- Overcoming Adversity
- Inspiration



Testimonials

"Kyle's "No Excuses" message of determination, positive attitude, overcoming adversity resonated with each person in the room."

- The Joseph Sams School.

"From teens to people in their 60's, your message was received extremely well and my only regret is we did not have you spend more time in our community!"

- Director — Merrill Lynch Cleveland, OH.