



WHO WE ARE

In 1997, my brother and I helped a friend's parents move across town. We were two high school wrestlers chasing a workout, some cash, and maybe a pizza. That one move changed everything.

What started with a borrowed truck, Tupac on the radio, and a whole lot of hustle grew into something bigger than we ever imagined. Word spread, friends joined, and Meathead Movers was born: a team of athletes who brought respect, integrity, and care to every move.

Every year since has brought big wins and even bigger lessons. We've learned to take the hits, get back up, and keep moving forward. In doing so, we've set a new standard for the moving industry—imitated by many but replaced by none.

But our story has never just been about moving boxes, it's about moving people forward. From providing free moves for survivors of domestic violence to helping our employees build skills that last long after their time with us, giving back and growing together have always been at our core.

More than 25 years later, we're still 100% family-owned, athlete-built, and powered by good energy. Our legacy lives in everyone who puts on the Meathead uniform and shows up ready to help. The faces change, but the spirit doesn't. It's the same tradition of grit, teamwork, and heart that's been moving California and beyond since day one.

EXECUTIVE TEAM



AARON STEED
Chief Executive Officer



ZAK BRANNON
Chief Operating Officer



ANGELA DEKHTYAR
*Strategic Assistant
to the CEO*



GAMAL RADY
*Strategic Assistant
to the COO*



CASSIE WEBSTER
Executive Assistant



SEBASTIAN PADUA
Accounting Manager



ASHLEY GREER
Senior HRBP

MISSION STATEMENT

Meathead Movers is revolutionizing the moving industry one relationship at a time. We are accomplishing this by providing the first employee and client focused moving service. Our founding principle is to support athletes in pursuit of their American dream and that will never change. We work hard, have fun, and serve our community by providing premium moving services as well as assisting victims of domestic violence with a fresh start in life.

MEDIA CONTACT

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