

# CARL-ETIENNE JUNEAU, PHD

AI FOUNDER & LIFE SCIENTIST

dr-muscle.com | carl@dr-muscle.com | +1 514 608 1057

---

## PROFILE

---

AI Founder with a PhD. 10+ years building at the intersection of life sciences and technology.

Bootstrapped and scaled Dr. Muscle (AI Personal Trainer) to 150,000+ users. Managed a team of developers and 40-50 product releases per year. Rebuilt solo [100% with AI](#) in 2025. Deep experience with LLMs, prompting, agent architectures, and context engineering. See also [Forbes](#).

PhD in Public Health (Biostatistics/Epidemiology). Led research teams across the life sciences to generate actionable insights for flagship institutions. Work cited by the World Health Organization.

## RELEVANT EXPERIENCE

---

### Dr. Muscle | Founder & Lead AI Engineer

2016 – Present

**Founded and shipped:** World's first AI personal trainer, 0 to 150,000+ users across 31 countries. Bootstrapped to profitability (no VC).

**LLM-powered product architecture:** Added extensive LLM coaching capabilities on top of rule-based exercise science logic. Hands-on with agent architectures, context engineering, and evaluation frameworks.

**Solo AI builder:** Rebuilt the full experience as Dr. Muscle X end-to-end using Claude Code and other tools. Improved system architecture, cutting time-to-first-exercise from 10.2s to 4.1s (60% latency reduction). Established benchmarks, automation, and testing loops.

### Covid-19 Pandemic | Lead Life Sciences Researcher & Biostatistician

2020 – 2023

**Research:** Led rapid-response research teams across medicine, epidemiology, public health, and economics that published peer-reviewed papers and synthesized complex data used by major organizations (WHO, UK National Audit Office, US Department of Homeland Security).

**Institutional partnerships:** Served on the Scientific Committee for Montreal Public Health; advised institutions on large-scale health interventions at local, national, and international levels.

**Research synthesis:** Maintained COVID-19 Science Updates for executive leadership, synthesizing 200+ publications into clear, actionable summaries.

**Communication:** Translated complex health data for the general public, making 24+ appearances on TV/radio to explain public health risks and interventions.

## EDUCATION

---

### University of Montreal — PhD in Public Health (Biostatistics/Epidemiology), 2015

*Awarded Highest Achievable Grade (+Dean's Honours List)*

*Ranked #1 Graduate in Public Health by the Quebec Health Research Fund*

### Y Combinator — Startup School Certificate, 2017

### Harvard University — Mastering Growth Certificate, 2019

**Studied and lived across 3 continents:** North & South America, Europe. Speak French, English, Spanish, Portuguese.